YVETTE CHALLANDE

MÉTHODOLOGIE DE CORDE ET TISSUS

Volume 1

A Patrick

Le chanteur enchanteur
qui a posé sa voix pour suivre ma voie

remière Partie : Corde et Tissus

Les Montées

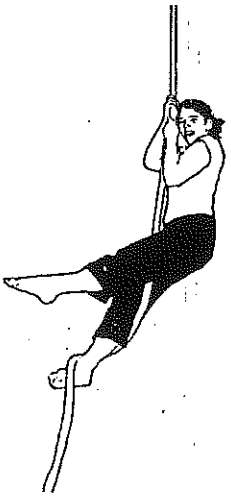
lontée Classique 1

Montée Classique 2

Montée Classique 3

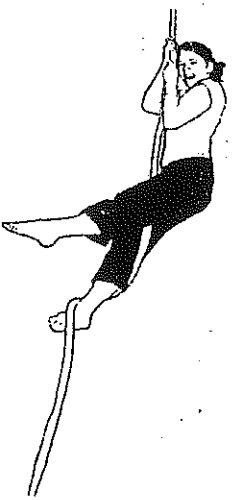
Montée Classique 4

ée Elégante 1



Montée Elégante 2

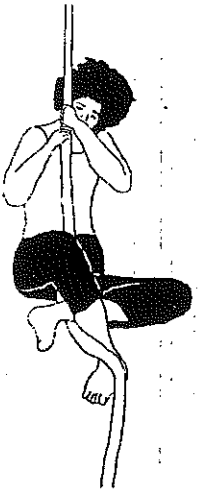
Montée Elégante 3



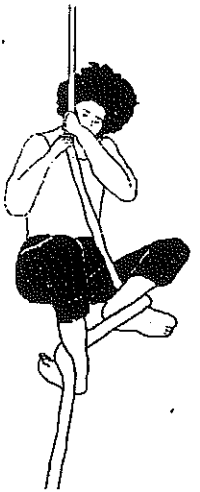
Montée Elégante 4

Les Montées

e Pieds Ecartés 1



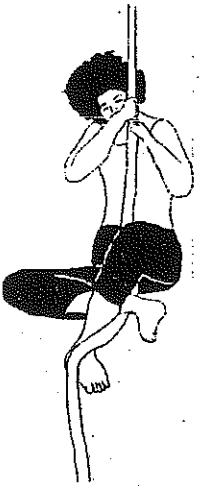
Montée Pieds Ecartés 2



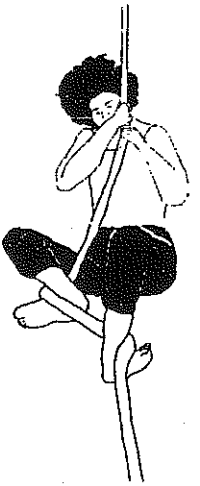
Montée Pieds Ecartés 3

Montée Pieds Ecartés 4

Pieds Ecartés 5



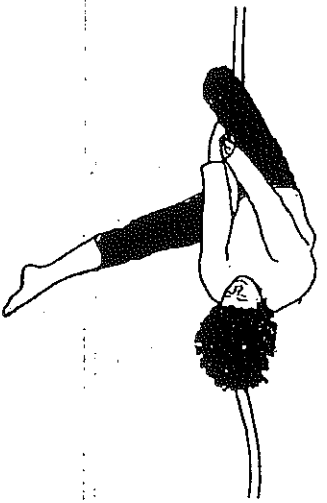
Montée Pieds Ecartés 6



Montée Pieds Ecartés 7

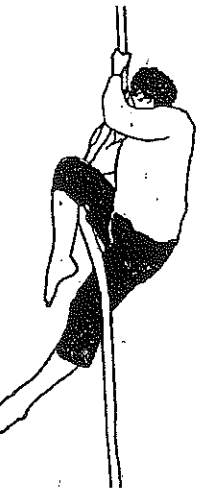
Montée Pieds Ecartés 8

lontée Demi-Renversé 7

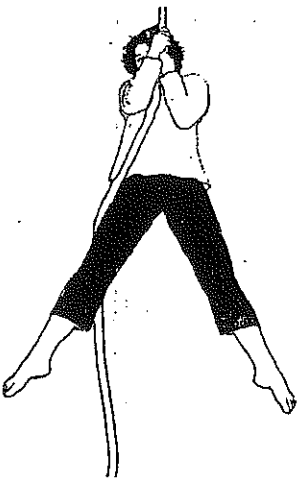


Montée Demi-Renversé 8

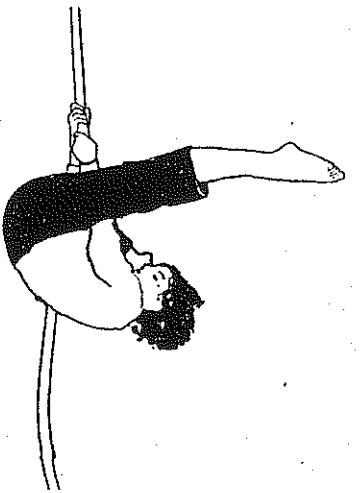
Montée Demi-Renversé 9



ontée Demi-Renversé 10



Montée Demi-Renversé 11



Montée Demi-Renversé 12

Les Montées

tée En Force Equerre Croisé 1

Montée En Force Equerre Croisé 2

Montée En Force Equerre Croisé 3

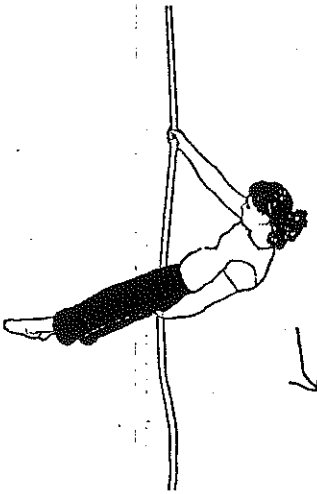
ıtée Doigts de Pieds 1

Montée Doigts de Pieds 2

Montée Doigts de Pieds 3

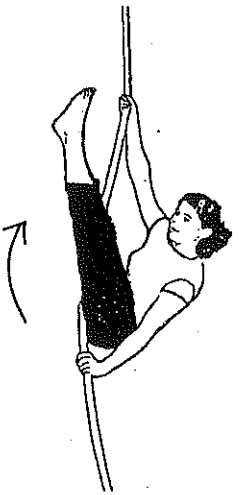
Les Montées

Montée Marie-Soleil 1

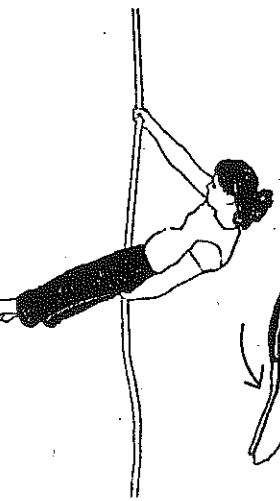


Montée Marie-Soleil 2

Montée Marie-Soleil 3

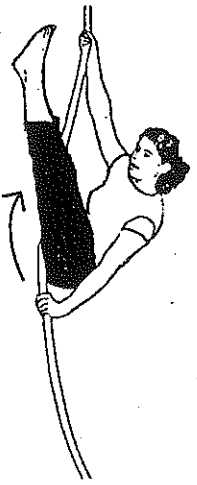


Montée Marie-Soleil 4

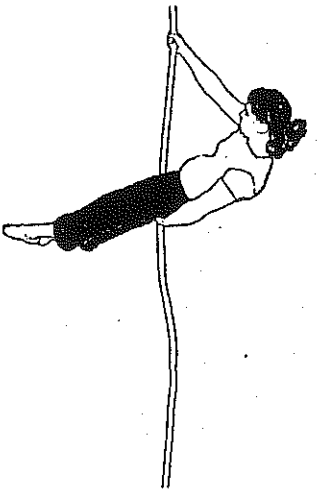


Montée Marie-Soleil 5

Montée Marie-Soleil 6



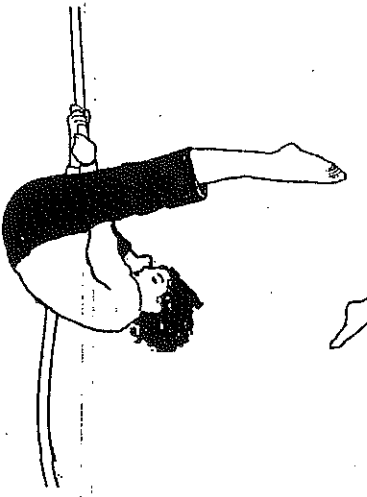
Montée Marie-Soleil 7



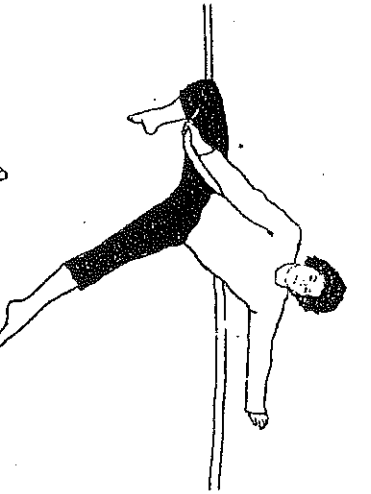
Montée Marie-Soleil 8

FIGURES STATIQUES
(De Flèche ou Grenouille)

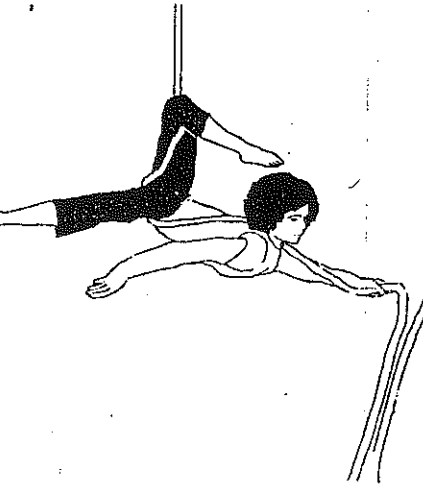
Préparation Demi-Renversé



Demi-Renversé

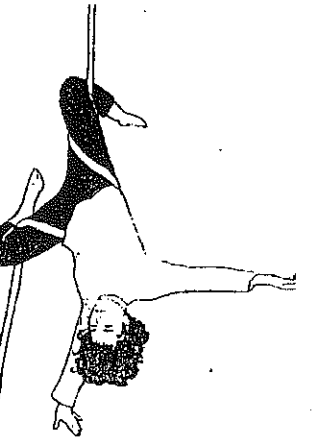


Flèche



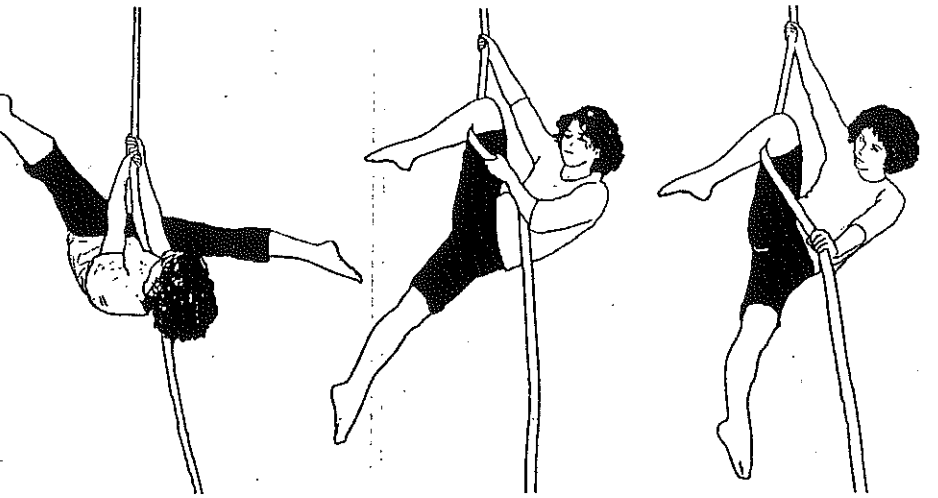
Sirène

Préparation Grenouille

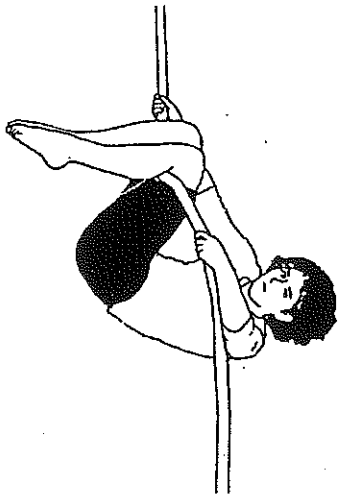


Grenouille

FIGURES STATIQUES
(De Flèche ou Grenouille)



Préparation Double Jarrets 1 - 2 - 3



Préparation Double Jarrets 4

Double Jarrets

FIGURES STATIQUES
(De Flèche ou Grenouille)

Préparation Planche Dos Enroulé 1

Préparation Planche Dos Enroulé 2

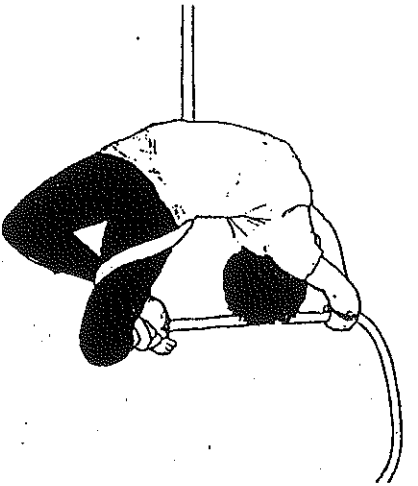
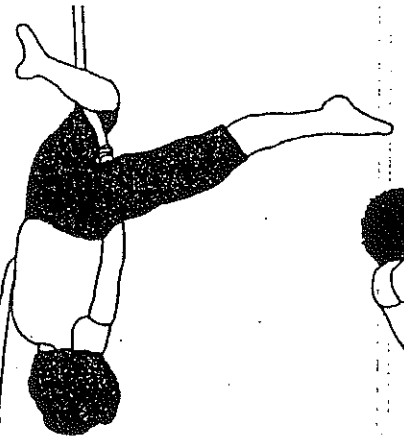
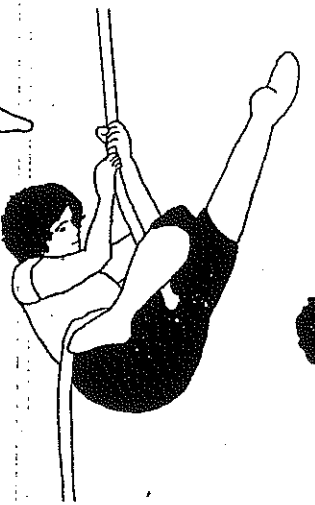


Planche Dos Enroulé 1

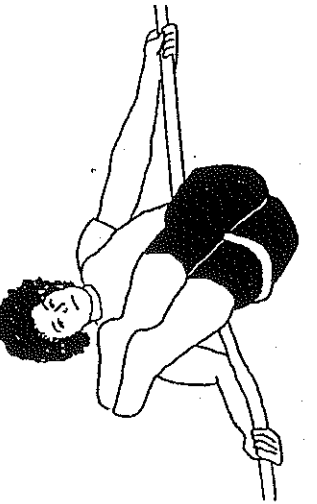
FIGURES STATIQUES
(De Flèche ou Grenouille)



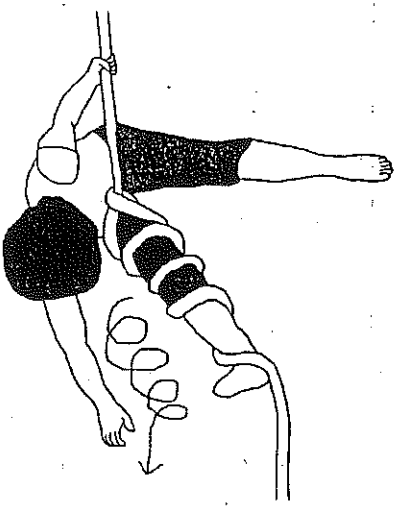
Préparation Clef de Violon 1



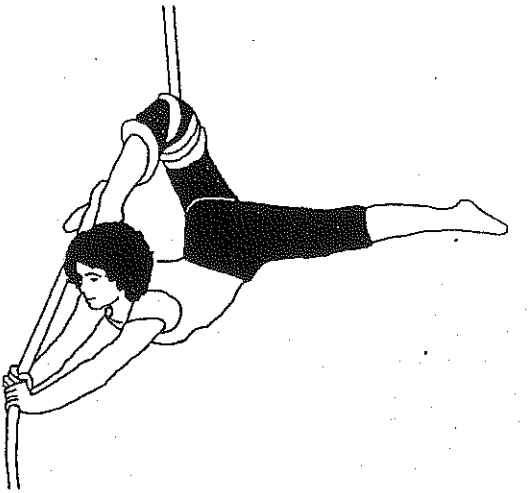
Préparation Clef de Violon 2



Clef de Violon



Préparation Enroulé Jarret Sapho



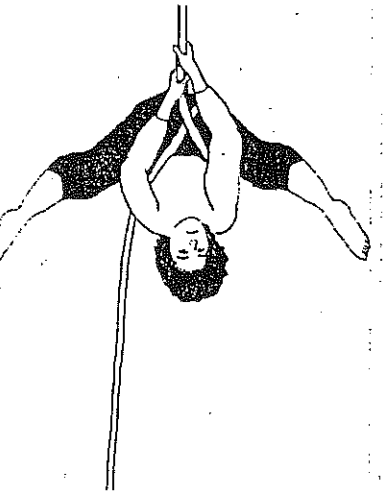
Enroulé Jarret Sapho

FIGURES STATIQUES
(De Ciseau)

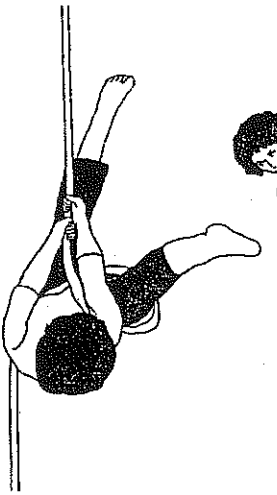
Ciseau avec Demi-Renversé 1

Ciseau avec Demi-Renversé 2

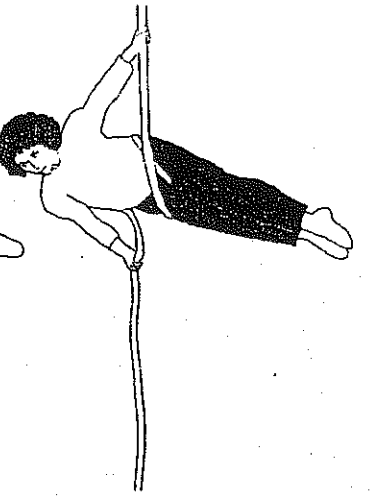
Ciseau avec Demi-Renversé 3



Ciseau avec Demi-Renversé 4

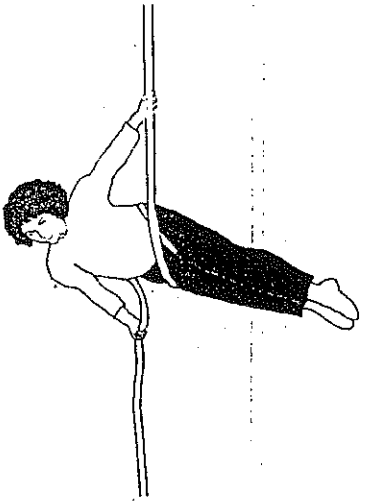


Ciseau avec Demi-Renversé 5

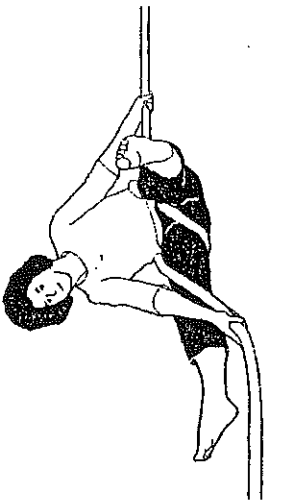


Ciseau

FIGURES STATIQUES
(De Ciseau)



Ciseau (Page 26)

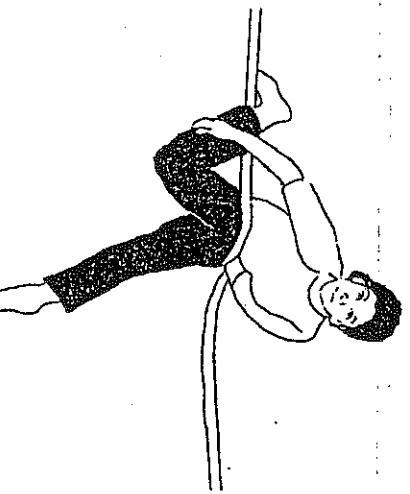


Préparation Croissant 1

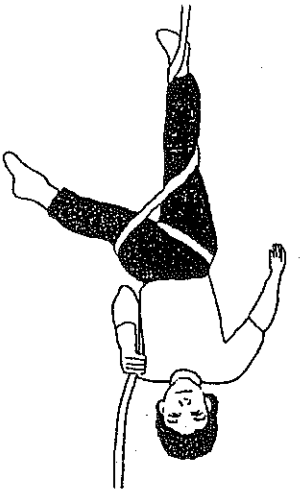
Préparation Croissant 2

Croissant

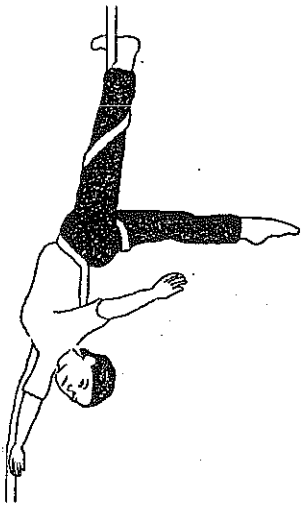
FIGURES STATIQUES
(De Ciseau)



Préparation Enroulé Christine 5



Préparation Enroulé Christine 6

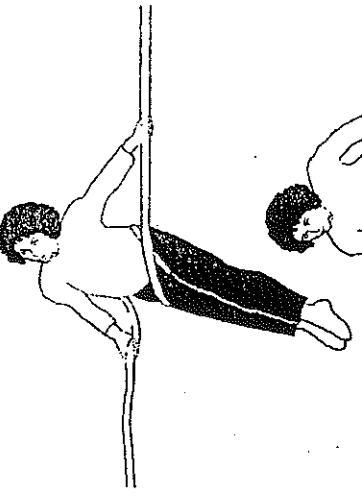


Enroulé Christine

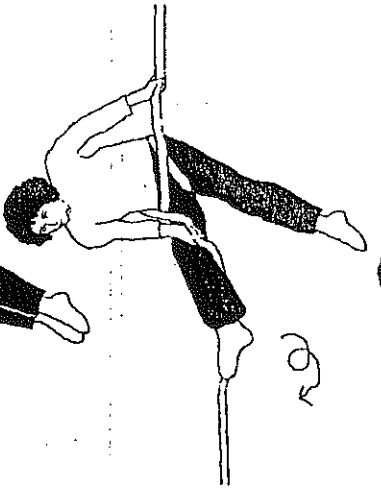
Enroulé Christine Souplesse

Enroulé Christine Ecart

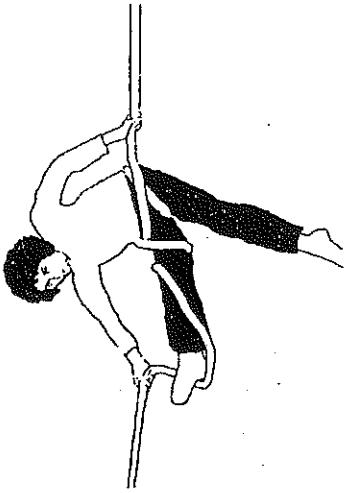
FIGURES STATIQUES
(De Ciseau)



Ciseau (Page 26)

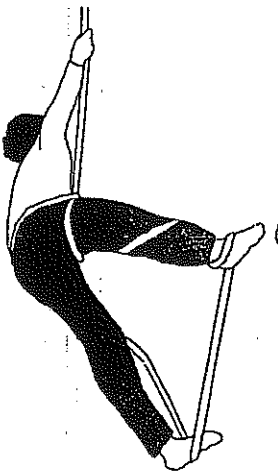


Préparation Triangle Fred 1

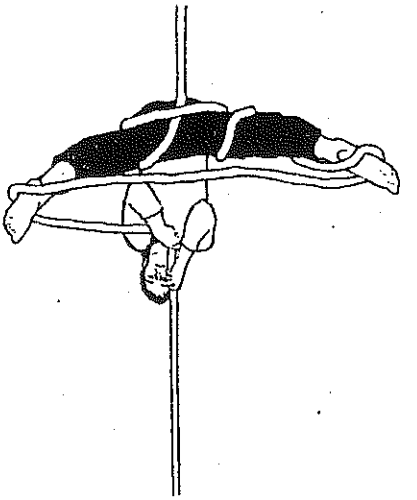


Préparation Triangle Fred 2

Préparation Triangle Fred 3

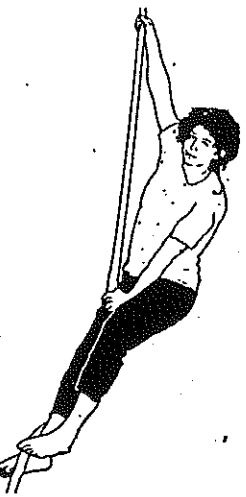


Préparation Triangle Fred 4

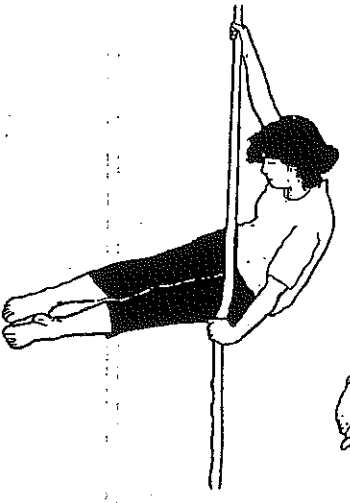


Triangle Fred

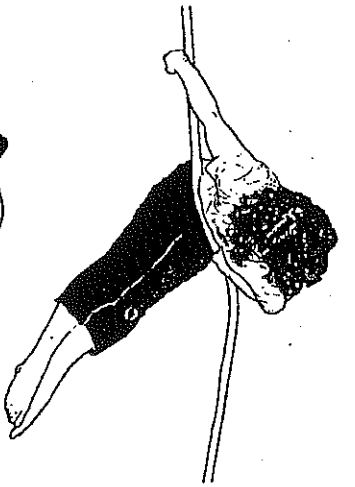
FIGURES STATIQUES
(Départ Simple)



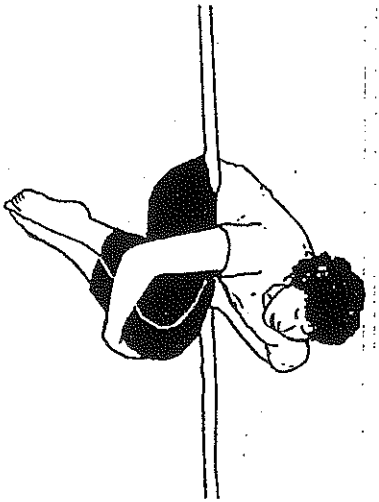
Préparation Petite Boule 1



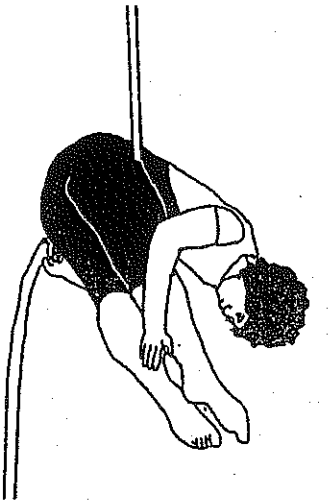
Préparation Petite Boule 2



Préparation Petite Boule 3

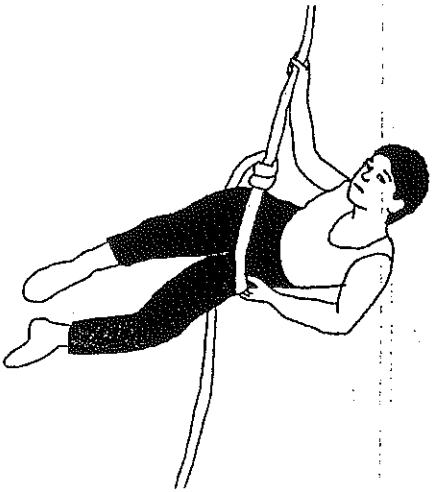


Petite Boule

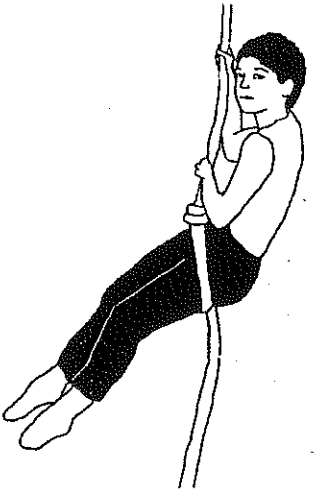


Petite Boule Carpée

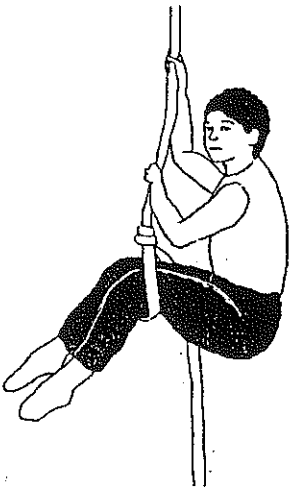
FIGURES STATIQUES
(Départ Simple)



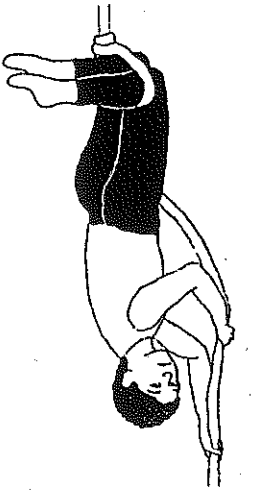
Préparation Assis Jarrets Jovlène 7



Assis Jovlène



Préparation Jarrets Jovlène



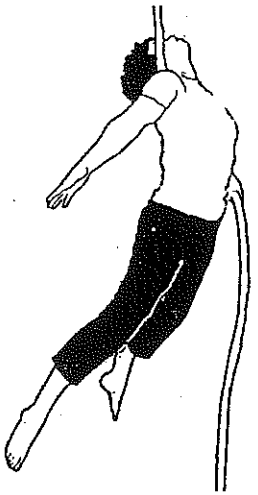
Jarrets Jovlène

FIGURES STATIQUES
(Départ Simple)

réparation Amazone 1

Préparation Amazone 2

Préparation Amazone 3

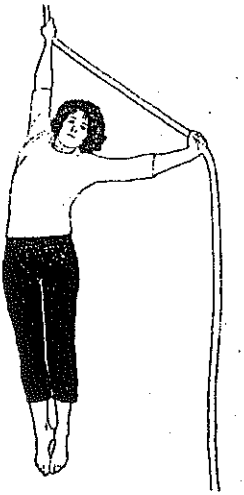


Amazone Face

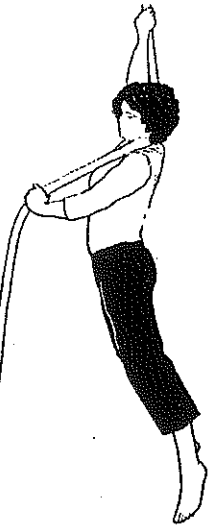
Amazone Arrière

FIGURES STATIQUES
(Départ Simple et Nuque)

Préparation Drapeau



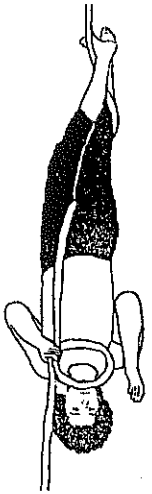
Drapeau



Préparation Nuque depuis Drapeau 1 et 2

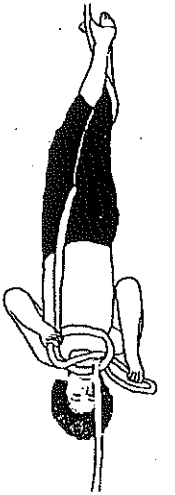
Nuque

FIGURES STATIQUES
(Nuque)



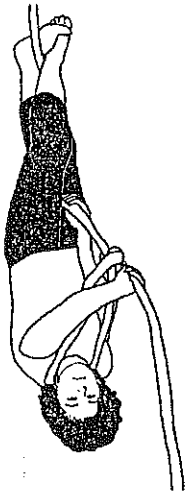
rtion Nuque dans la boucle 1

Prépartion Nuque dans la boucle 2

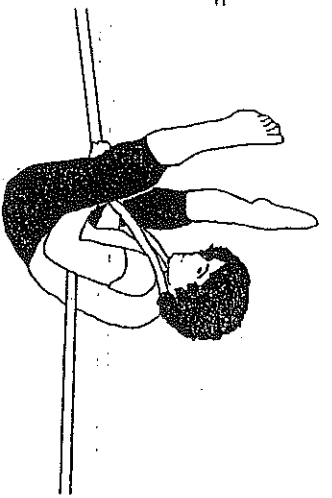


Prépartion Nuque dans la boucle 3

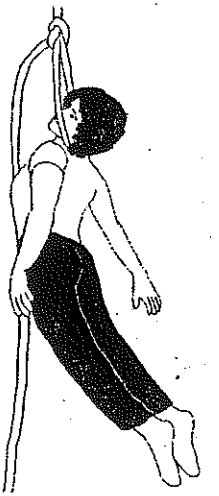
Noeud pour la boucle



tion Nuque dans la boucle 4

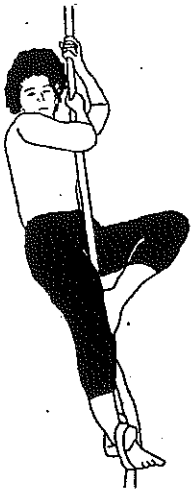


Prépartion Nuque dans la boucle 5

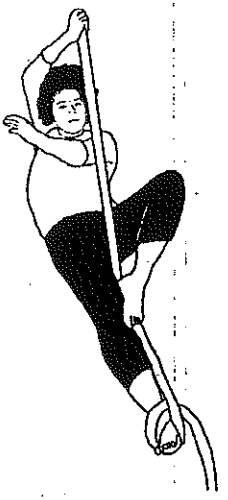


Nuque dans la Boucle

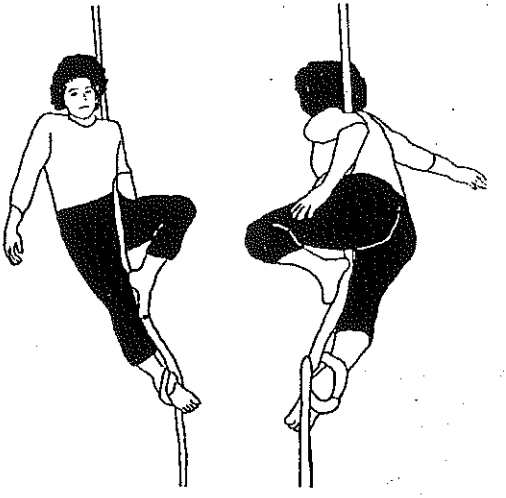
FIGURES STATIQUES
(Clef de Pied)



Clef de Pied (Page 44)

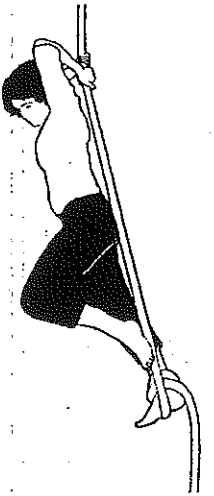


Préparation Pirate 2

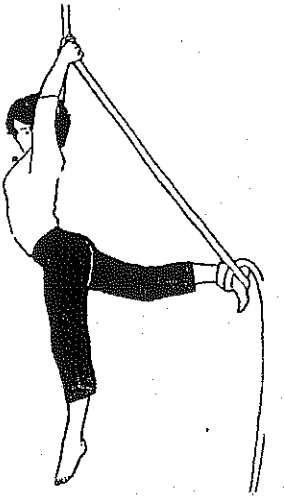


Pirate face et dos

De Clef de Pied (Page 44)



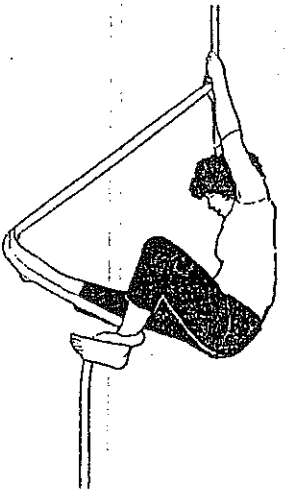
Préparation Cambré



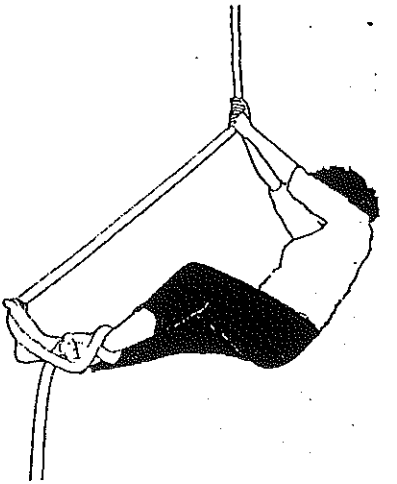
Cambré

FIGURES STATIQUES
(Clef de Pied)

paration Grand Ecart 1

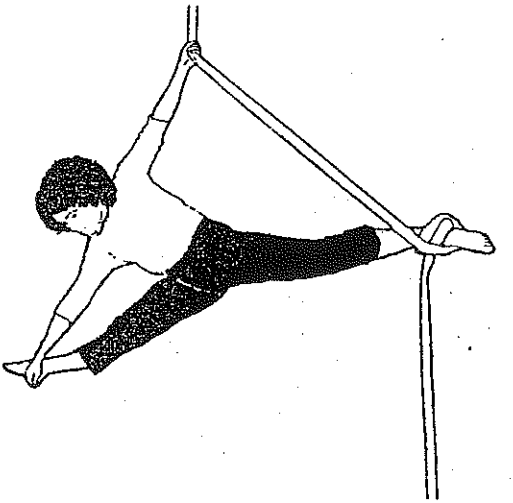


Préparation Grand Ecart 2



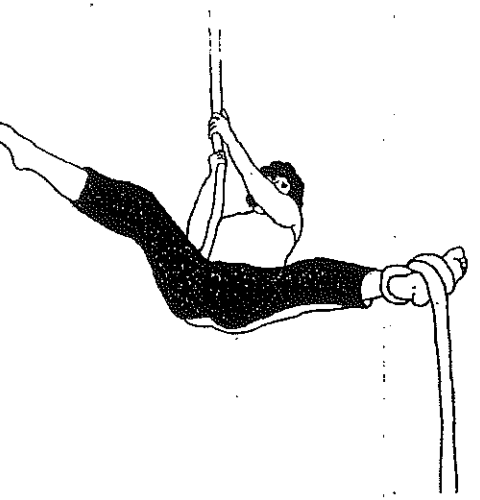
Préparation Grand Ecart 3

Préparation Grand Ecart 4 et 5

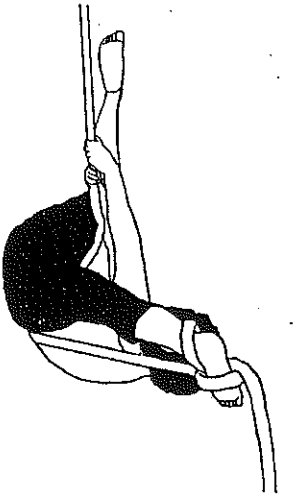


Grand Ecart

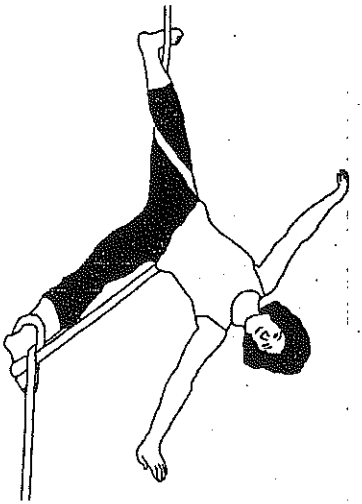
FIGURES STATIQUES
(Clef de Pied)



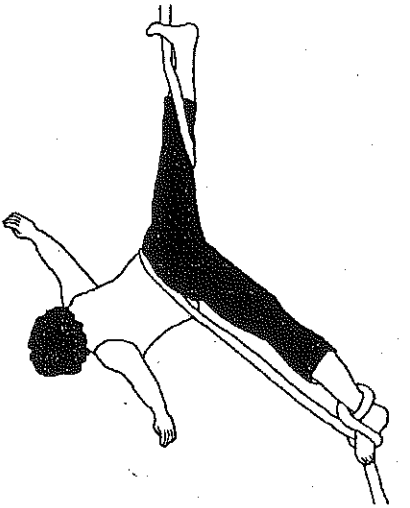
Préparation Grand V Enroulé 5



Préparation Grand V Enroulé 6

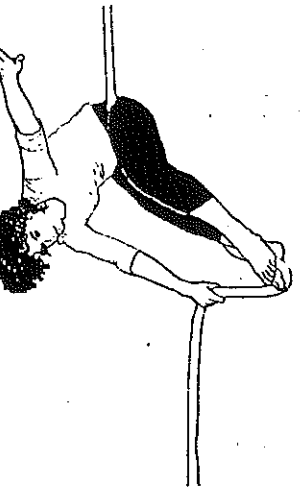


Grand V Enroulé (Face)

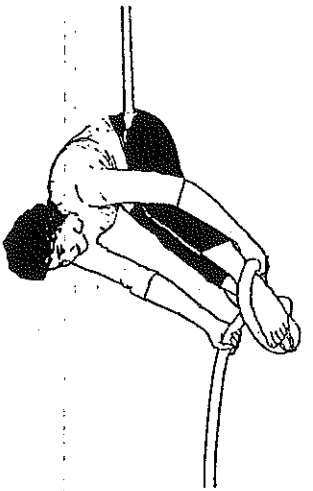


Grand V Enroulé (Dos)

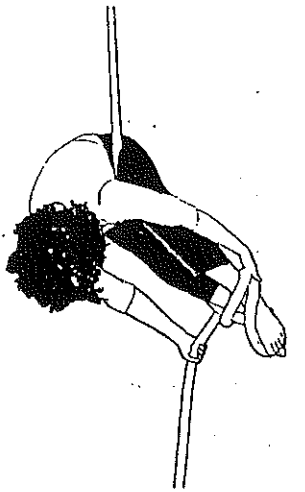
FIGURES STATIQUES
(Enroulés)



Préparation Serpent 1

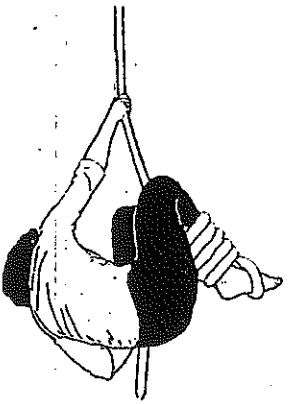


Préparation Serpent 2

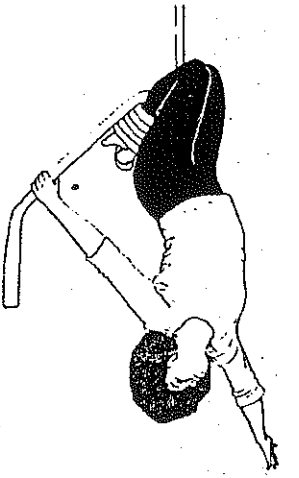


Préparation Serpent 3

Préparation Serpent 4

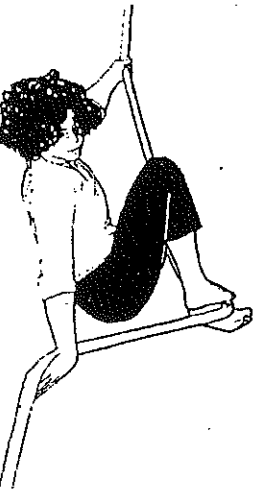


Préparation Serpent 5



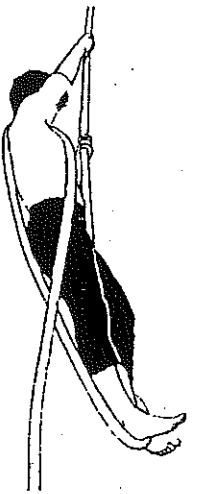
Serpent

Figures Statiques
(Enroulés)

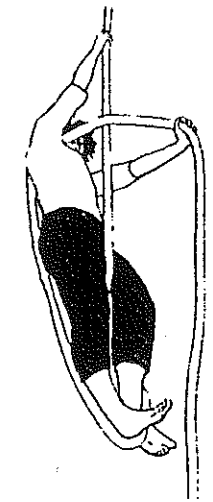


éparation Berceau Enroulé 1 (Dos)

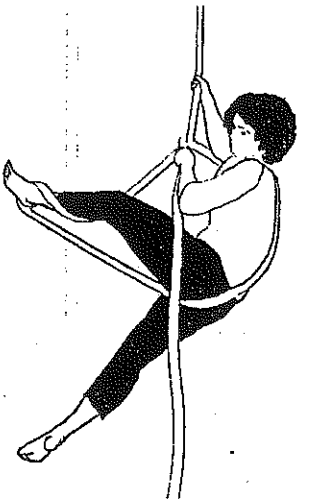
Préparation Berceau Enroulé 2 (Dos)



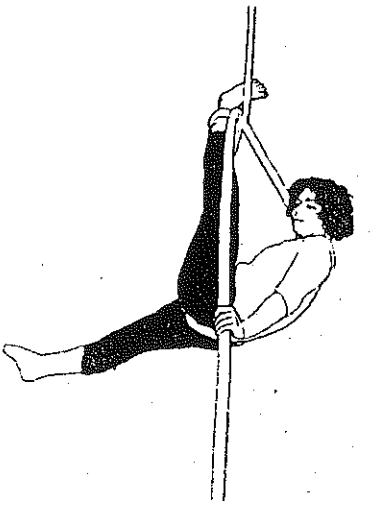
Préparation Berceau Enroulé 3 (Do



paration Berceau Enroulé 4 (Dos)



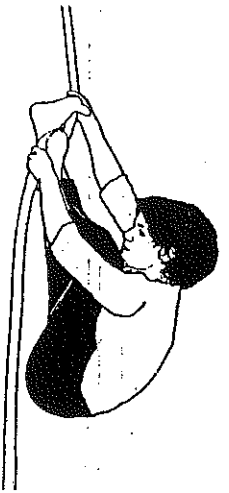
Préparation Berceau Enroulé 5 (Face)



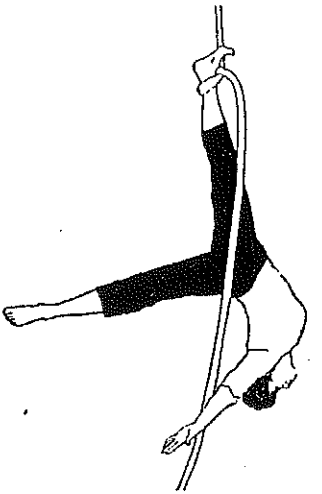
Berceau Enroulé (Face)

Figures Statiques
(Enroulés)

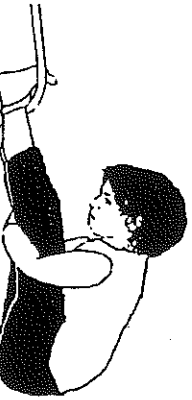
éparation Cheville 1



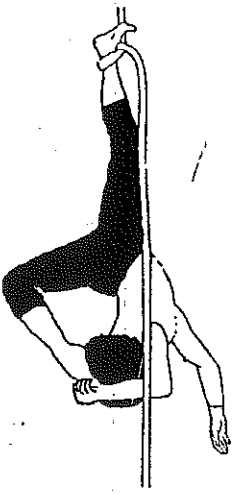
Préparation Cheville 2



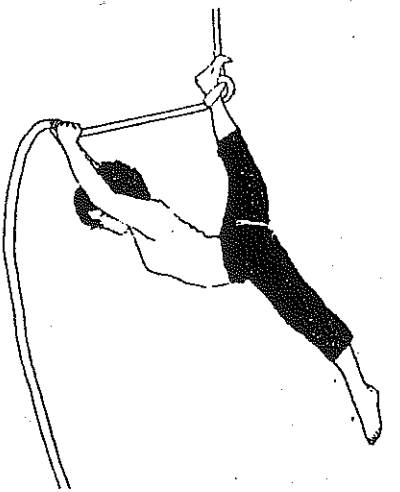
Cheville



ille Souplesse Avant



Cheville Souplesse

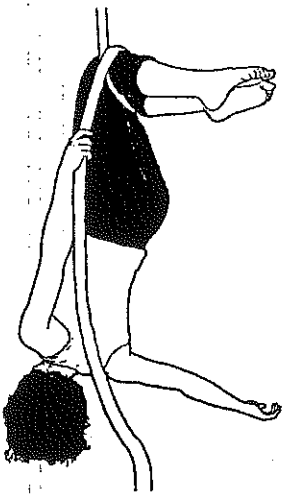


Cheville Super Souplesse

FIGURES STATIQUES
(Enroulés)

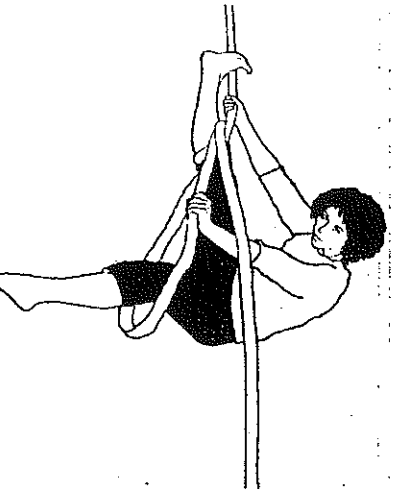
Préparation Deux Jarrets Enroulés 1

Préparation Deux Jarrets Enroulés 2

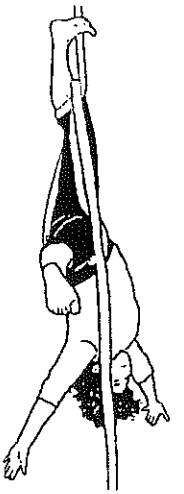


Deux Jarrets Enroulés

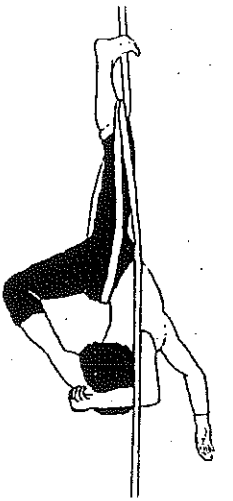
Figures Statiques
(Enroulés)



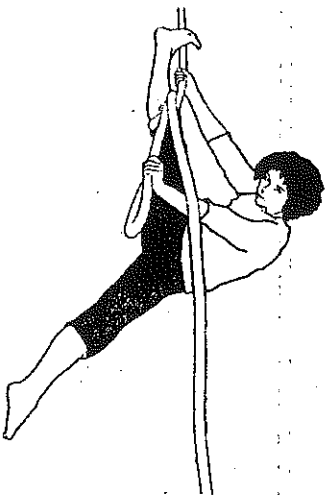
Préparation Grand Monsieur 7



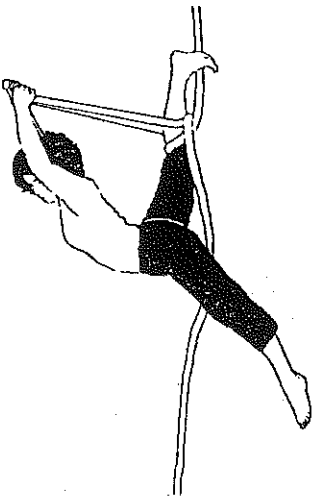
Grand Monsieur



Grand Monsieur Pied-Tête

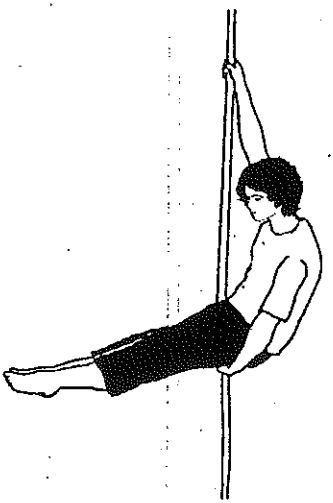


Préparation Grand Monsieur Souplesse



Grand Monsieur Souplesse

FIGURES STATIQUES
(Les Planches)



Préparation Planche Queue de Souris 1 et 2

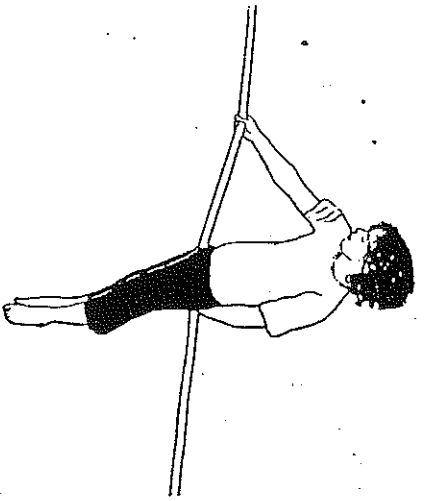


Planche Queue de Souris

Planche une Main

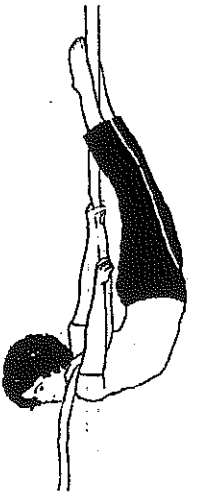


Planche Souplesse

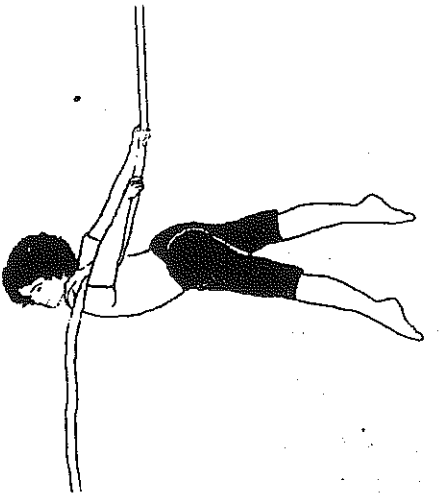
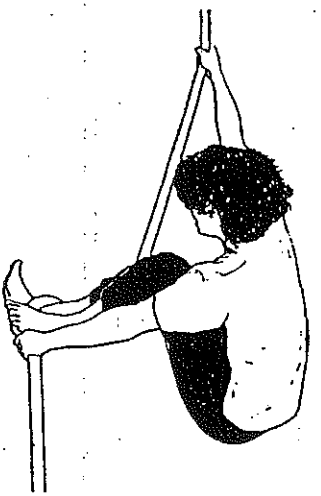


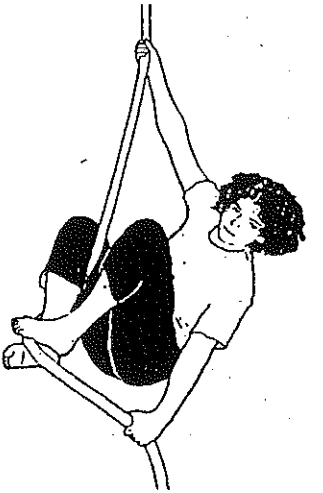
Planche en Force

FIGURES STATIQUES
(Les Planches)

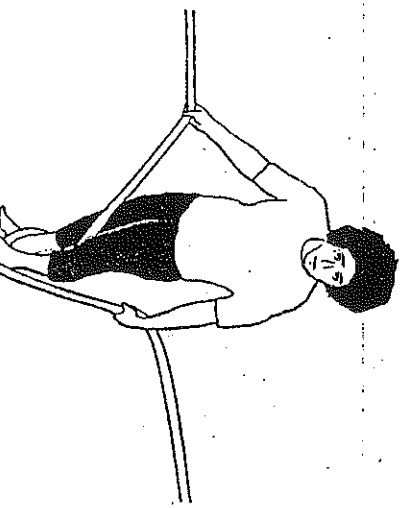
réparation Drapeau de Côté 1



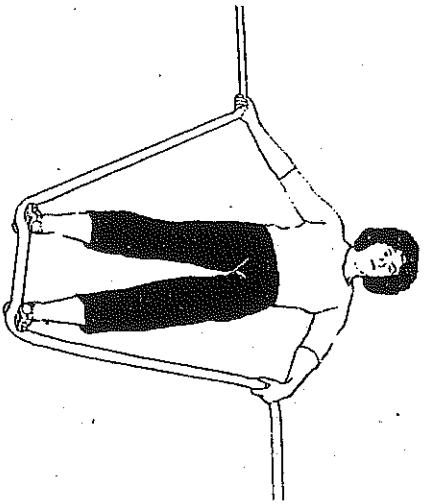
Préparation Drapeau de Côté 2



Préparation Drapeau de Côté 3

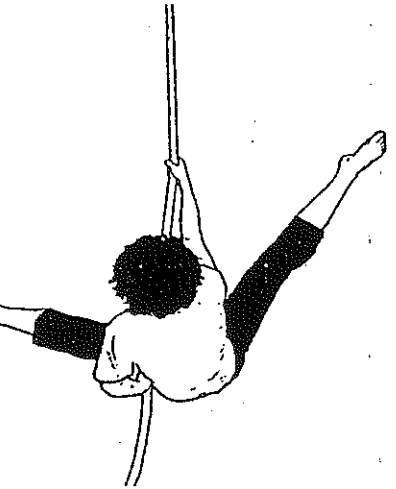


Préparation Drapeau de Côté 4

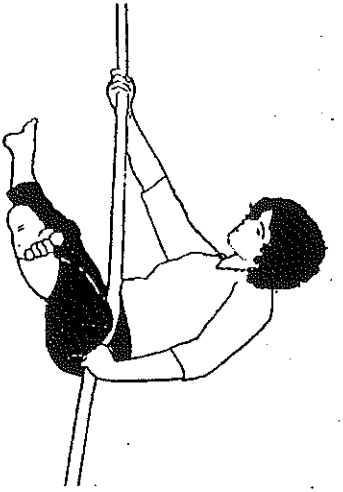


Drapeau de Côté

FIGURES STATIQUES
(Les Planches)



Après Petite Boule (Page 35)



Préparation Planche de Côté

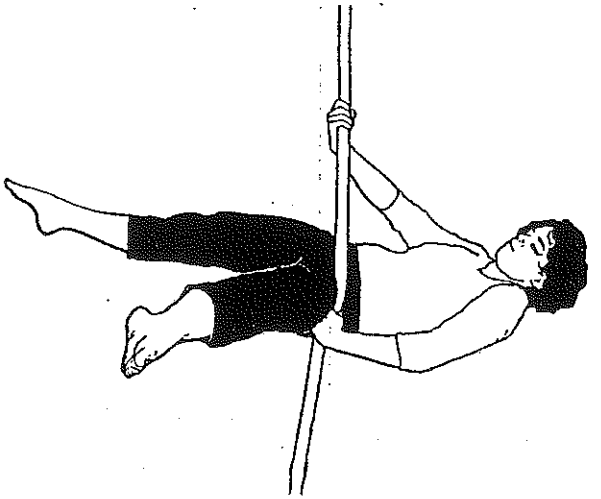
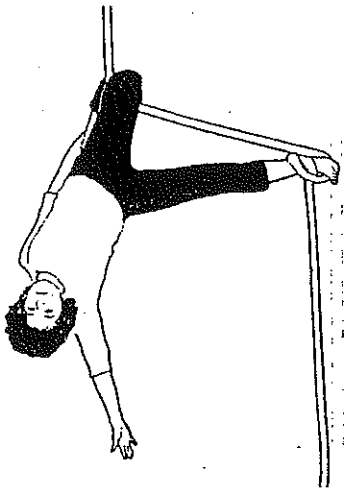


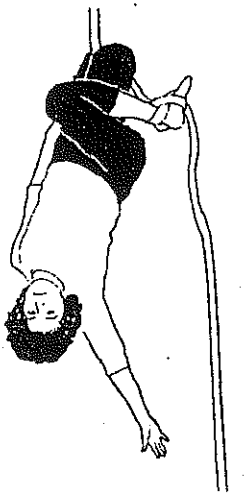
Planche de Côté



Clef de Pied Drapeau (Page 46)

Clef de Pied Drapeau Glissé 1

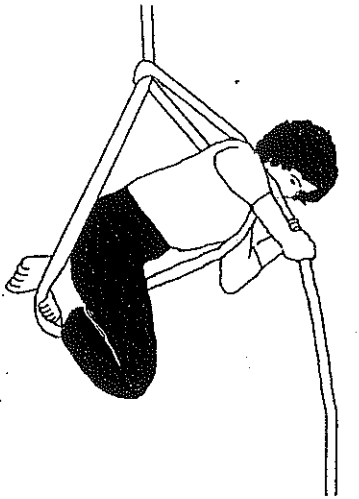
Clef de Pied Drapeau Glissé 2



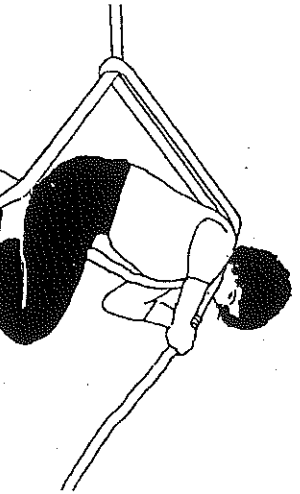
Clef de Pied Drapeau Glissé fin

Roulade Berceau Avant 1

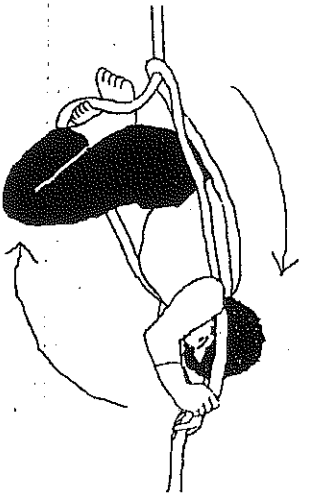
Roulade Berceau Avant 2



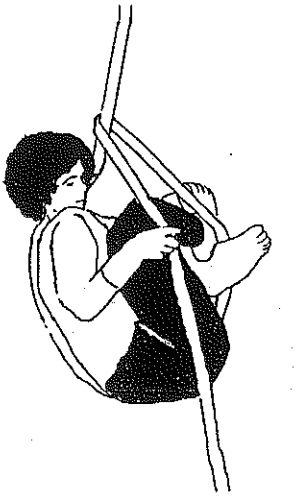
Roulade Berceau Avant 3



Roulade Berceau Avant 4



Roulade Berceau Avant 5



Roulade Berceau Avant fin

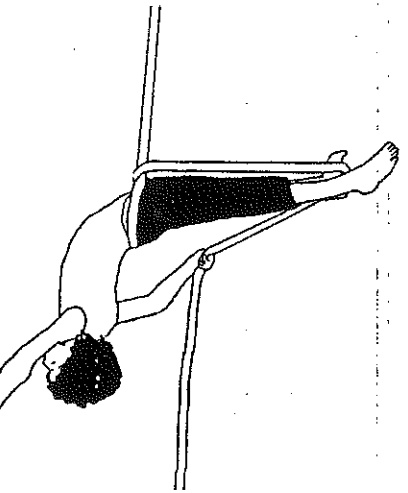
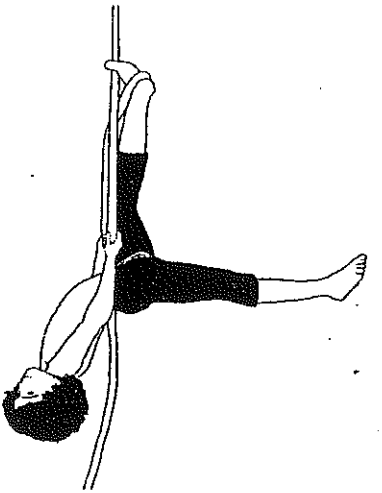
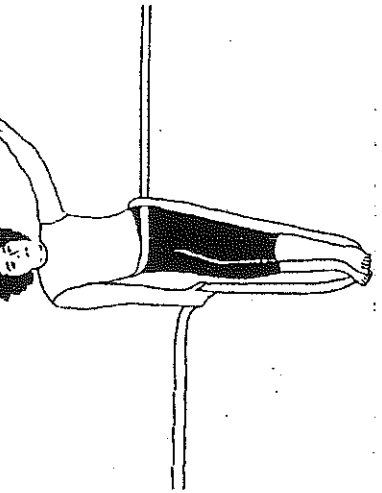


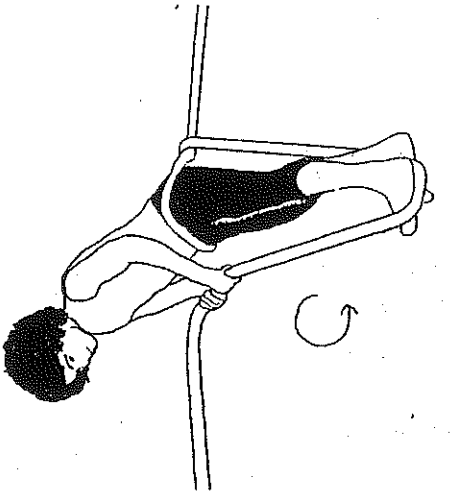
Planche Pied Avant Déboulé



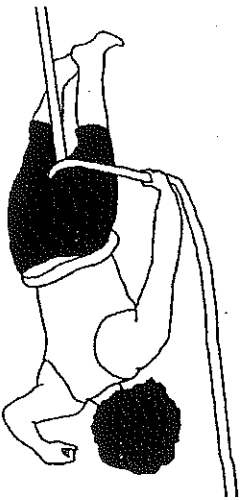
Grand L Avant Déboulé



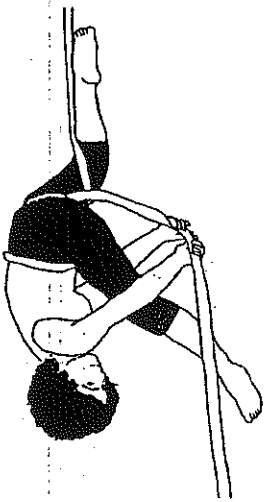
Déboulé Debout 1



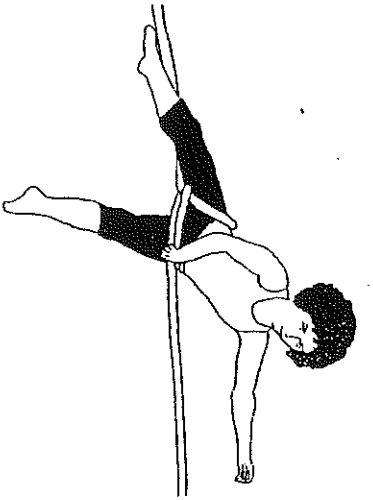
Déboulé Debout 2



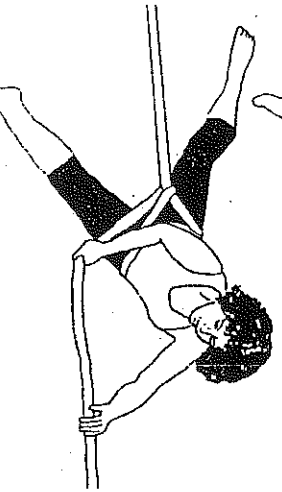
Préparation Déboulé 7



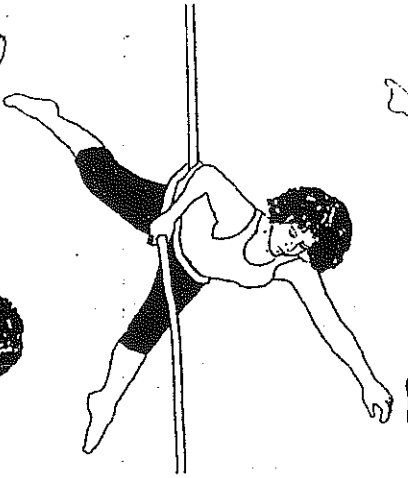
Préparation Déboulé 8



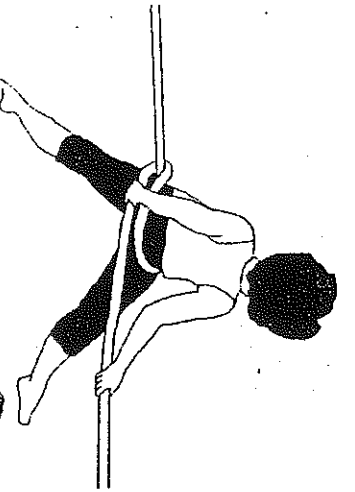
Préparation Déboulé 9



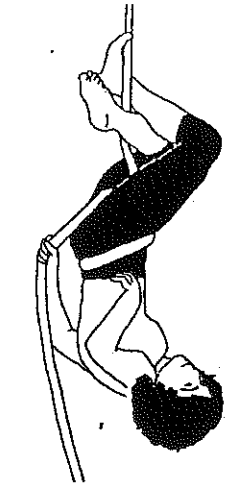
Déboulé 1



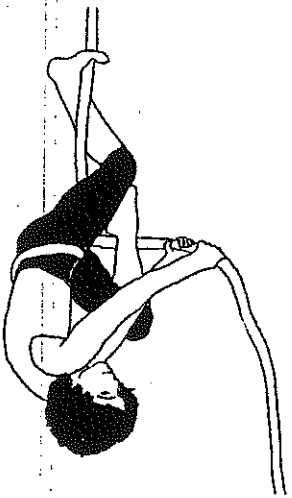
Déboulé 2



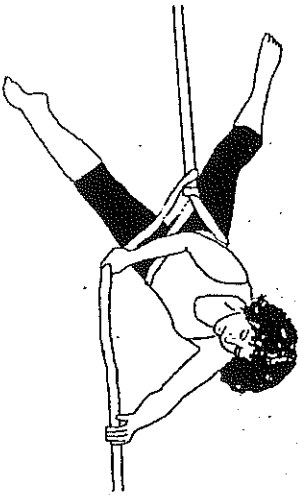
Déboulé 3



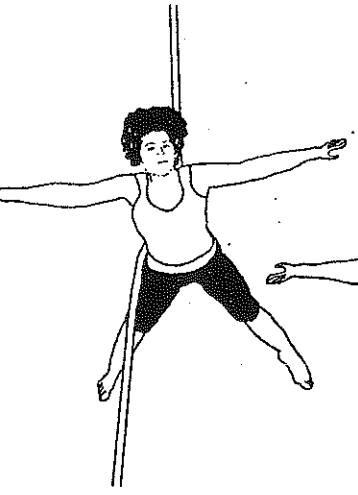
paration Déboulé sans Mains 7



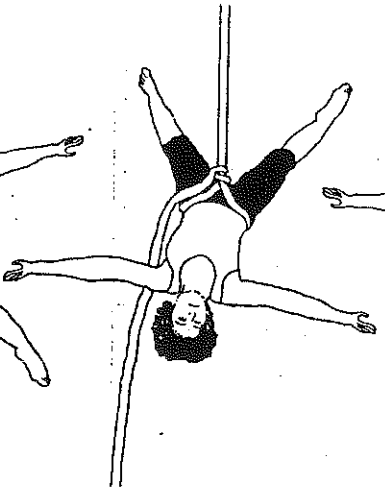
Préparation Déboulé sans Mains 8



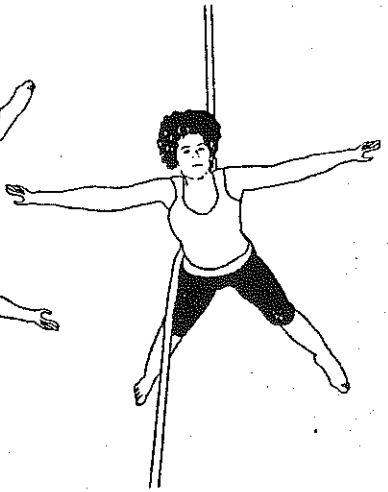
Préparation Déboulé sans Mains 9



Déboulé sans les Mains 1



Déboulé sans les Mains 2



Déboulé sans les Mains 3

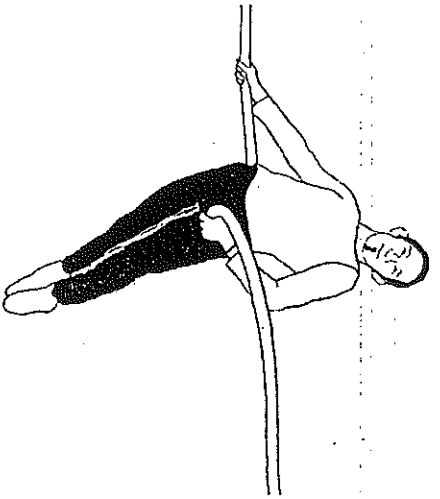
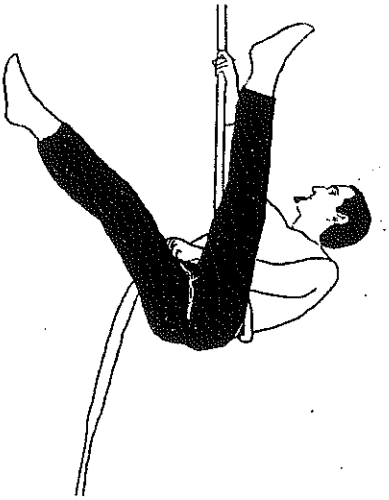
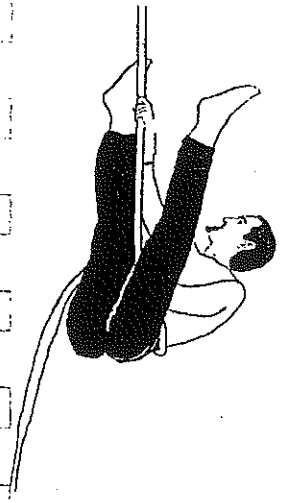


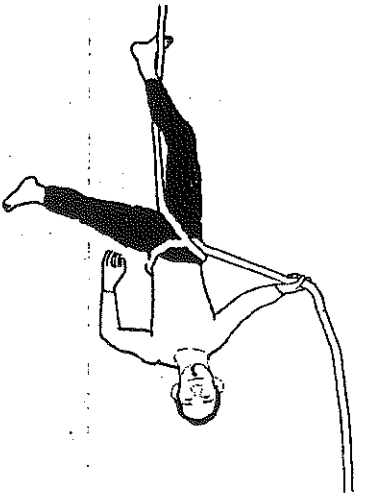
Planche Dos



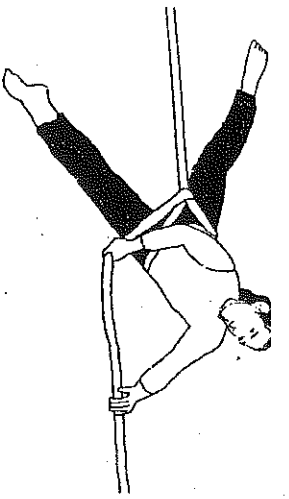
Déboulé de Planche Dos 1



Déboulé de Planche Dos 2



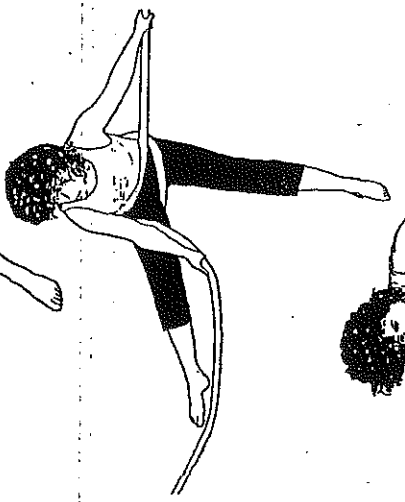
Déboulé de Planche Dos 3



Puis Déboulé (Page 75)

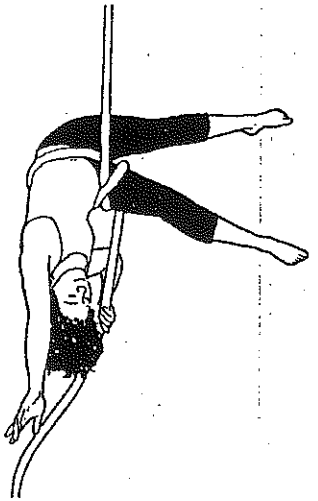
Les Chutes
(De Ciseau)

Ciseau (Page 26)

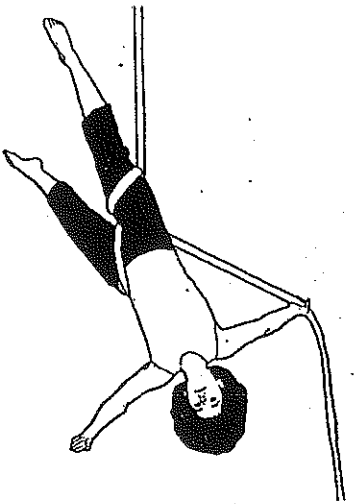


Préparation Petite Chute Ciseau 1

Préparation Petite Chute Ciseau 2

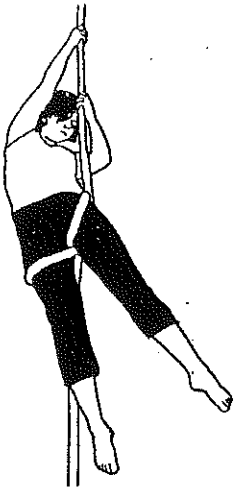


Petite Chute Ciseau

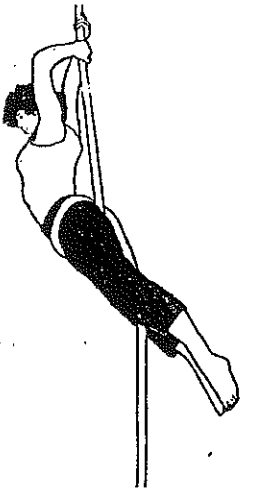


Petite Chute Ciseau fin

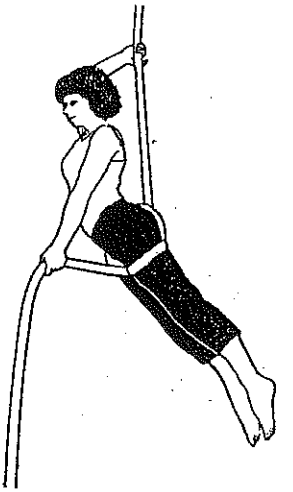
Les Chutes
(De Ciseau)



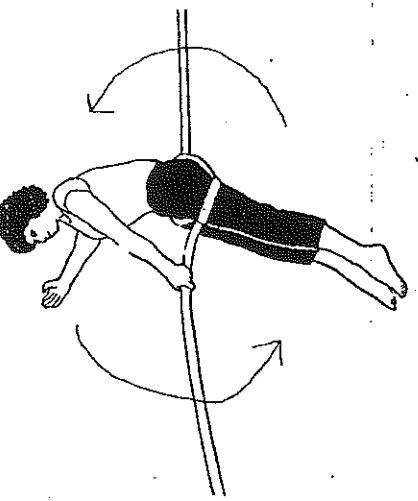
Préparation Grande Chute Ciseau 5



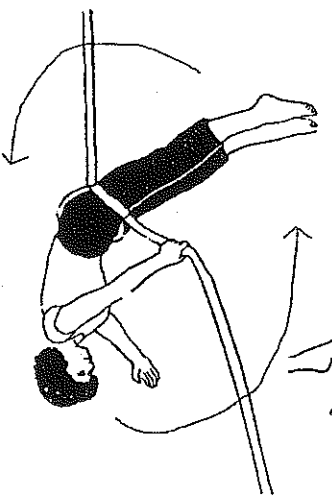
Grande Chute Ciseau 1



Grande Chute Ciseau 2



Grande Chute Ciseau 3

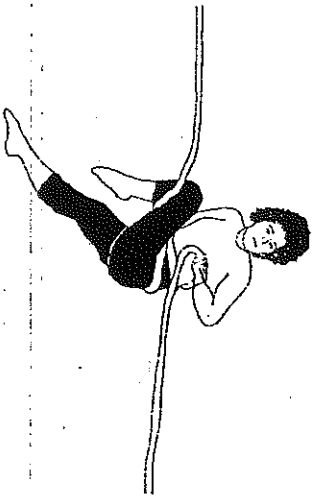


Grande Chute Ciseau 4

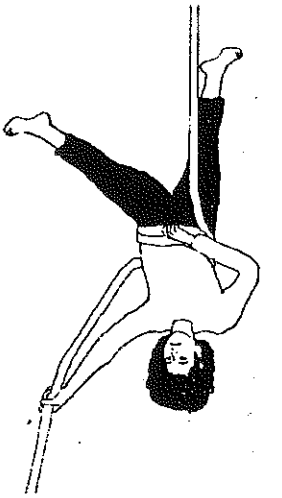
Grande Chute Ciseau fin

Les Chutes
(De Ciseau)

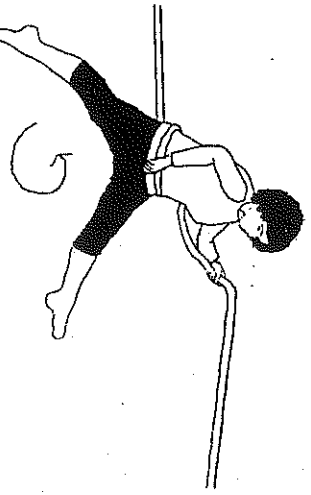
Chute Double Vrille Un Jarret 1



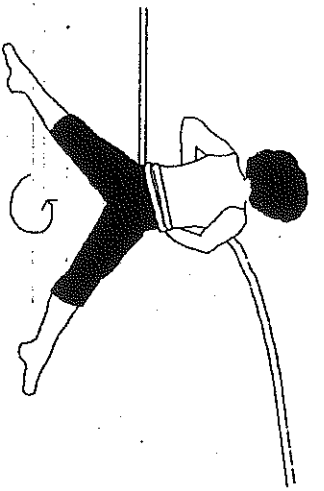
Chute Double Vrille Un Jarret 2



Chute Double Vrille Un Jarret 3



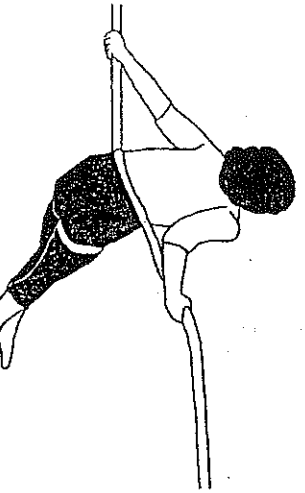
Chute Double Vrille Un Jarret 4



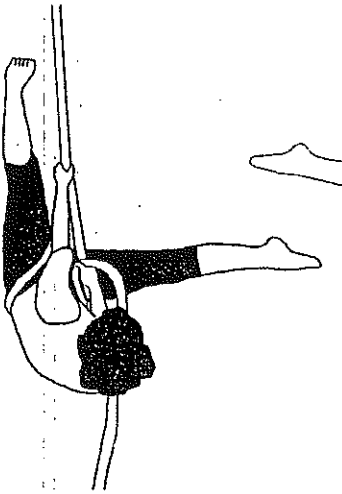
Chute Double Vrille Un Jarret 5

Chute Double Vrille Un Jarret 6

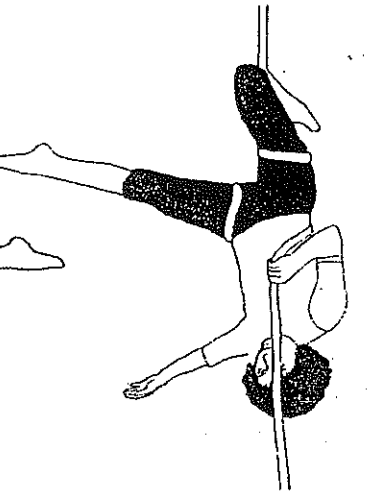
Les Chutes
(De Ciseau)



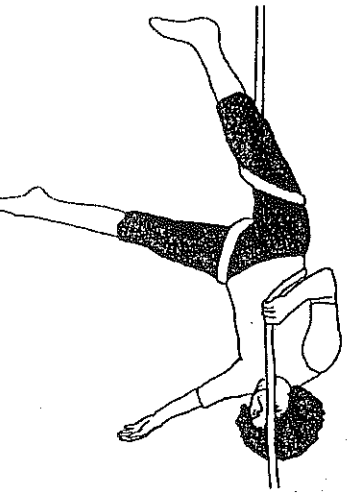
Ciseau (Page 26)



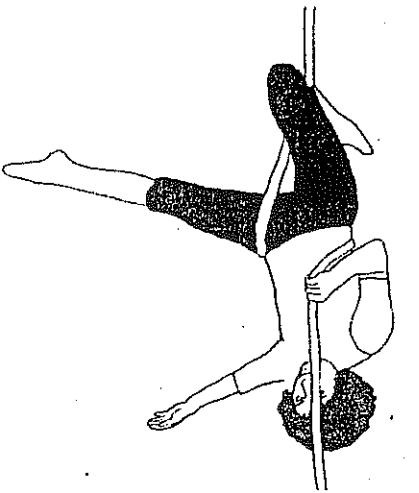
Prtéparation Chute Clic-clac 1



Prtéparation Chute Clic-clac 2



Chute Clic-clac



Chute Clic-clac fin

Les Chutes
(De Ciseau)

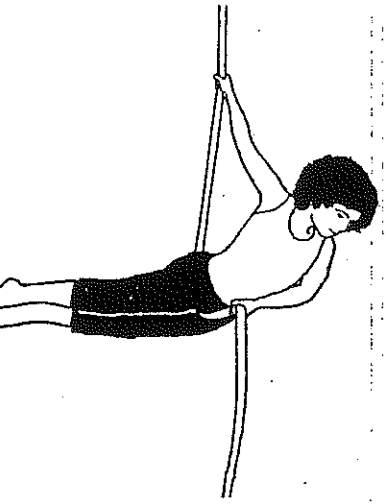
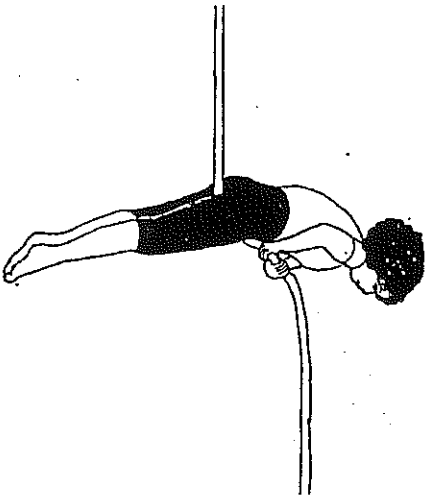
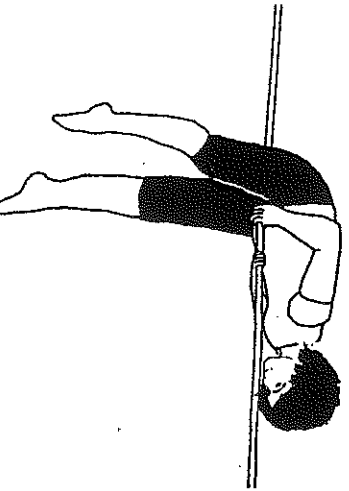


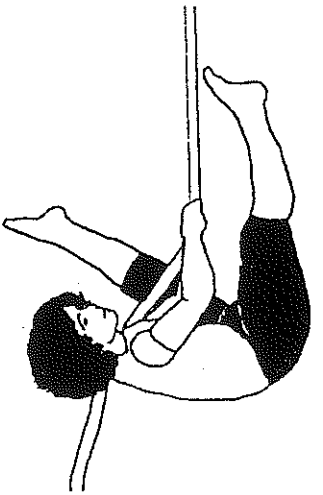
Planche Oiseau (Page 32)



Chute Roulade Avant 1



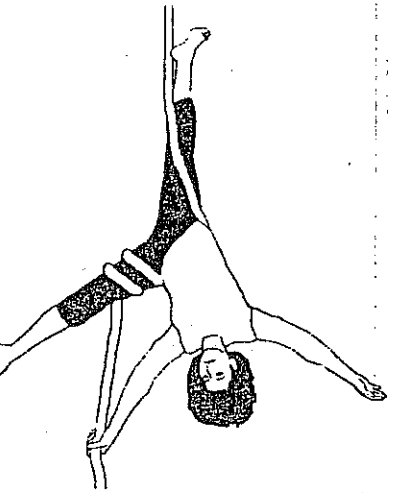
Chute Roulade Avant 2



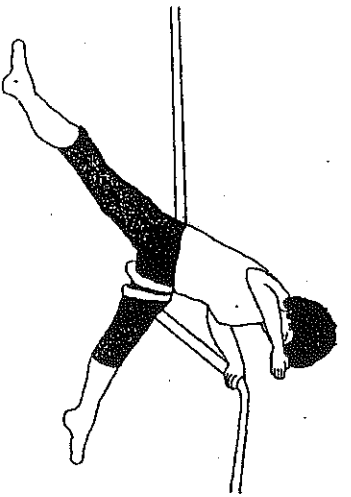
Chute Roulade Avant 3

Chute Roulade Avant fin

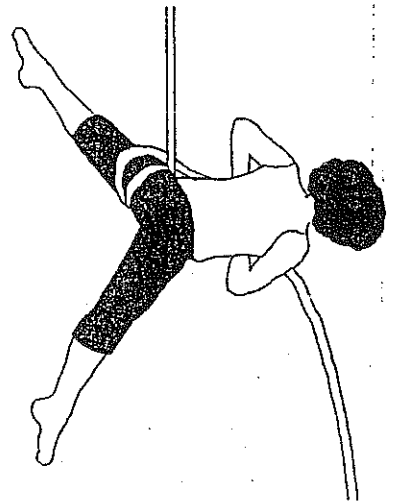
Les Chutes
(De Grenouille)



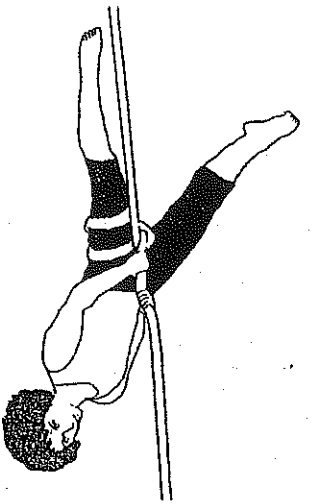
Petite Chute Grenouille 1



Petite Chute Grenouille 2

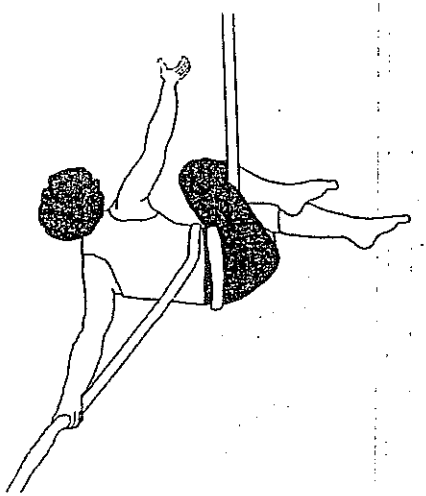


Petite Chute Grenouille 3

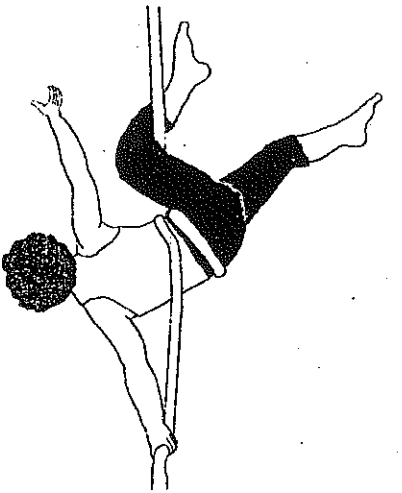


Petite Chute Grenouille fin

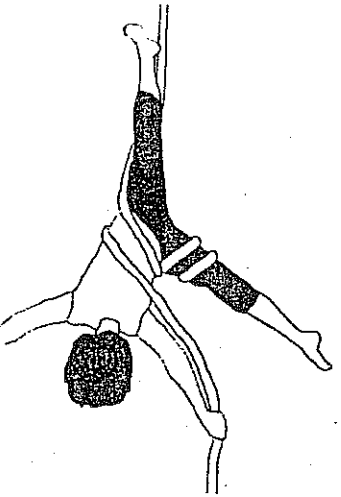
Les Chutes
(De Grenouille)



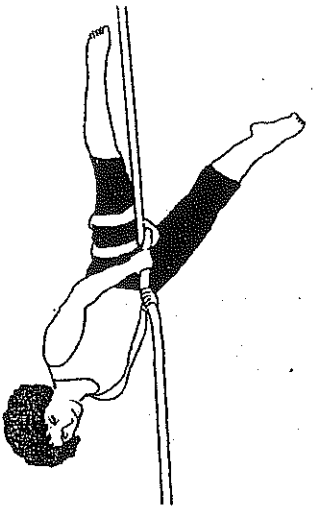
Préparation Chute Grenouille à Genoux 4



Chute Grenouille à Genoux 1



Chute Grenouille à Genoux 2



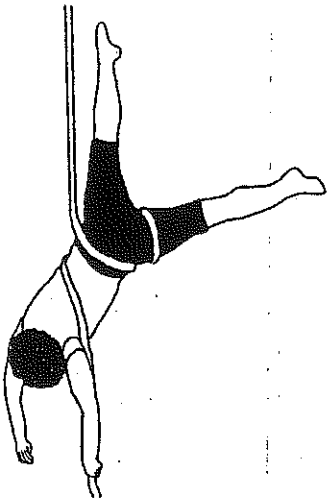
Chute Grenouille à Genoux fin

LES CHUTES
(De Grenouille)

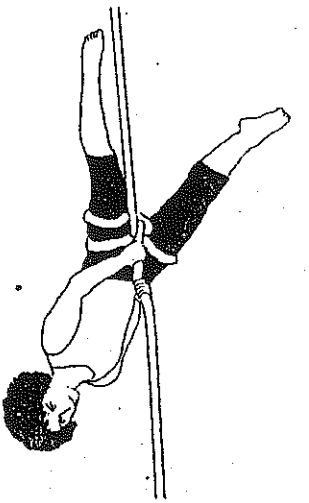
Grande Chute Grenouille 1

Grande Chute Grenouille 2

Grande Chute Grenouille 3

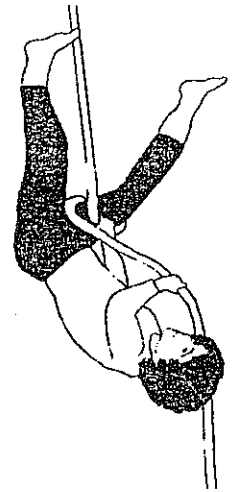


Grande Chute Grenouille 4



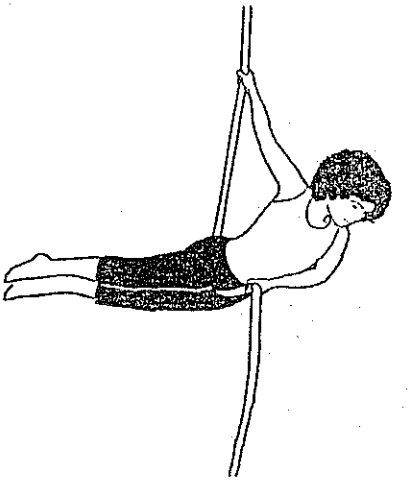
Grande Chute Grenouille fin

Les Chutes
(De Grenouille)

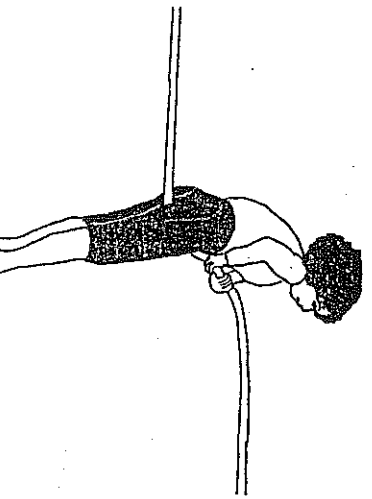


Chute Oiseau Roulade 3

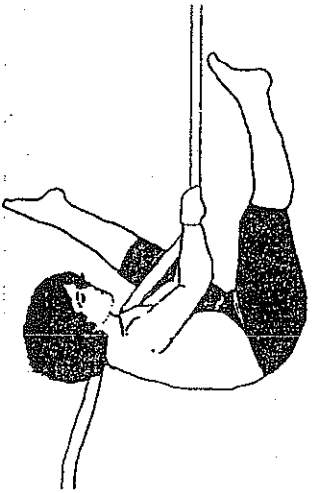
Chute Oiseau Roulade 4



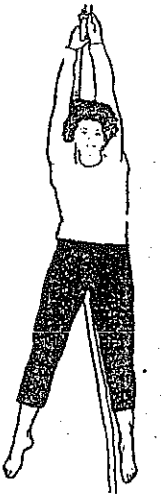
Chute Oiseau Roulade 5



Chute Oiseau Roulade 6

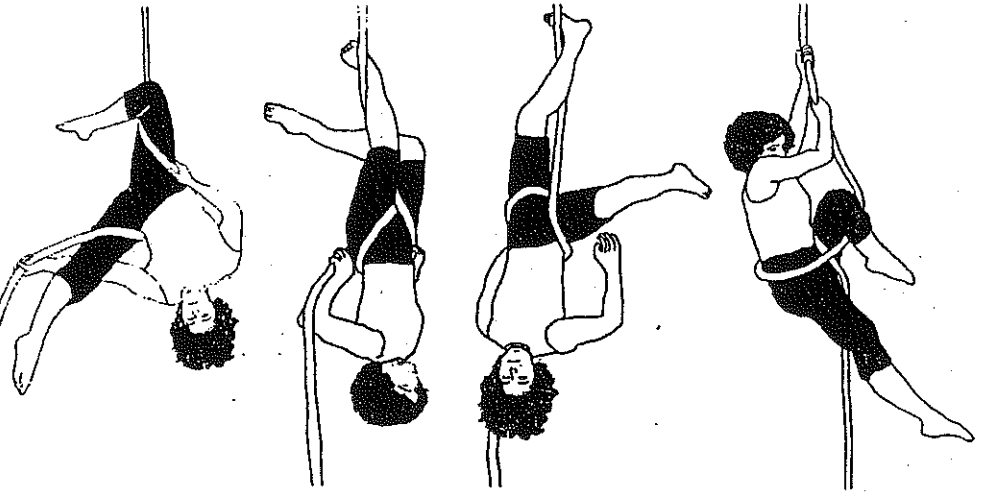


Chute Oiseau Roulade 7



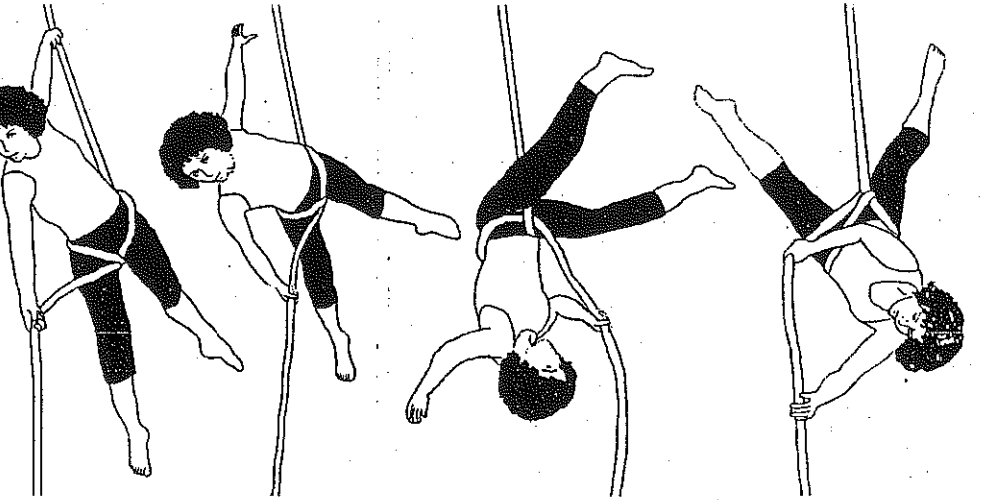
Chute Oiseau Roulade fin

Les Chutes
(De Grenouille)



Grenouille (Page 19)

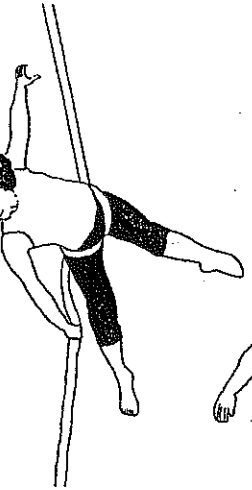
Préparation Chute Oiseau pour déboulé 1 , 2 et 3



Chute Oiseau pour déboulé 1 , 2 et 3

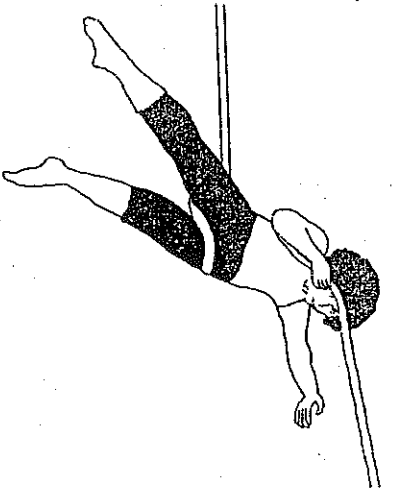
Puis Déboulé (Page 74)

Les Chutes
(De Grenouille)

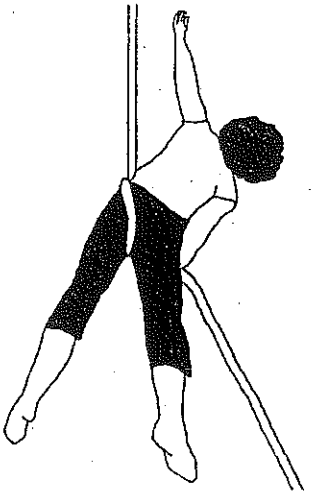


Chute Oiseau 1

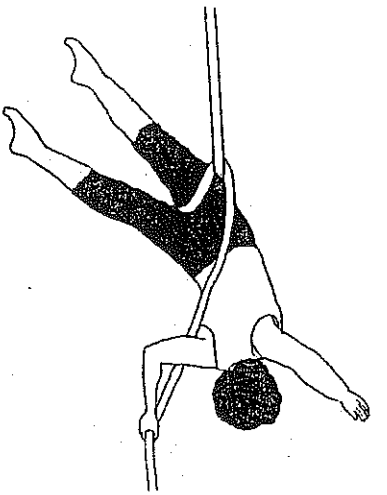
Chute Oiseau 2



Chute Oiseau 3

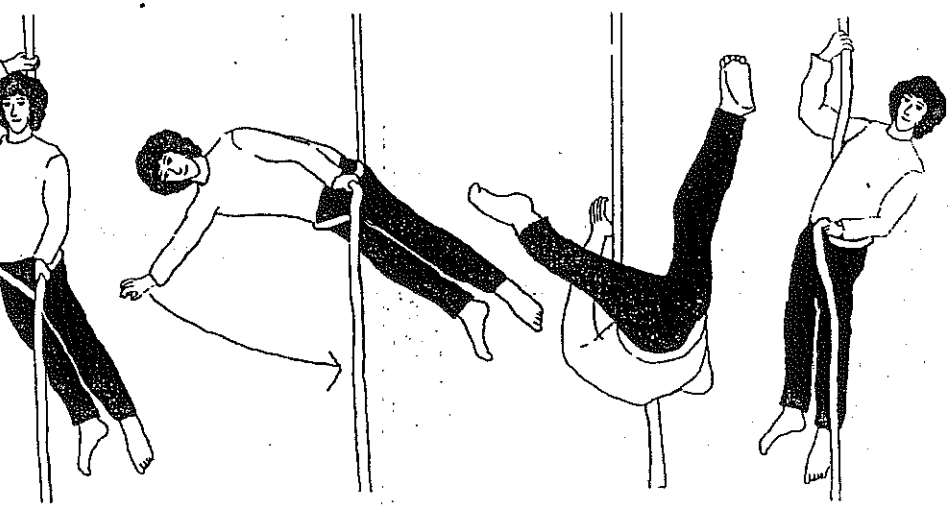


Chute Oiseau 4

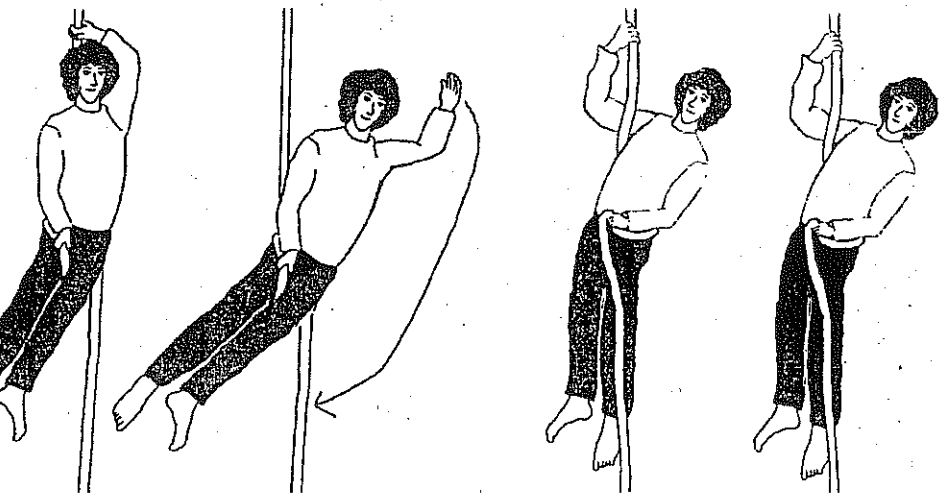


Chute Oiseau fin

Les Chutes
(De Grenouille)

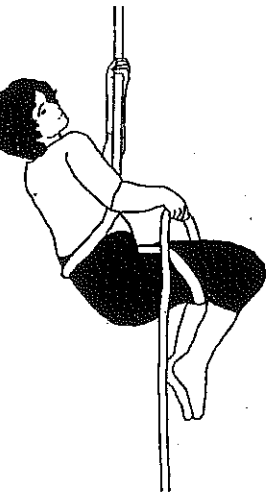


Chute Remonté Grenouille Main droite 1 - 2 -3 et fin

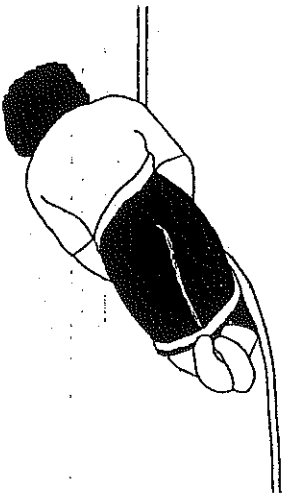


Chute Remonté Grenouille Main gauche 1 - 2 -3 et fin

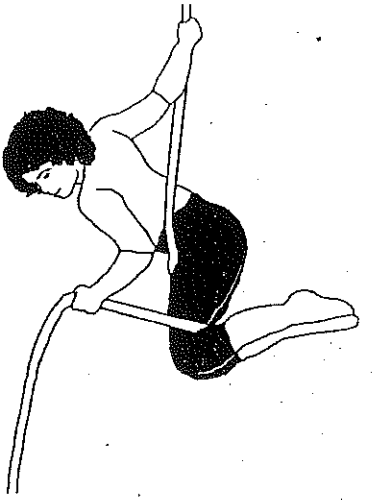
Les Chutes
(De Grenouille)



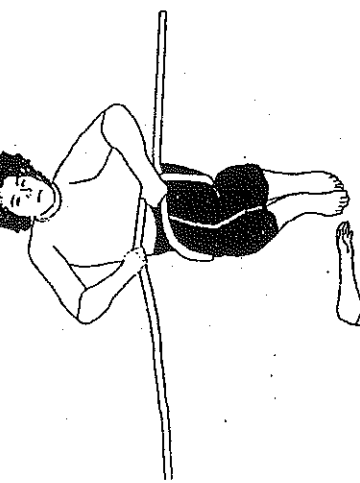
éparation Chute Jarrets Enroulés 7



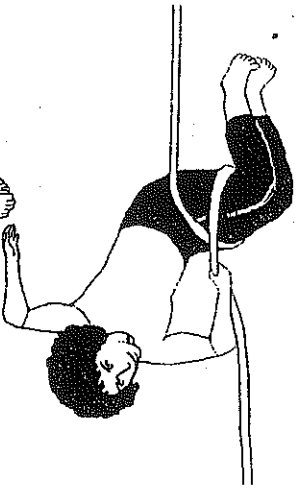
Préparation Chute Jarrets Enroulés 8



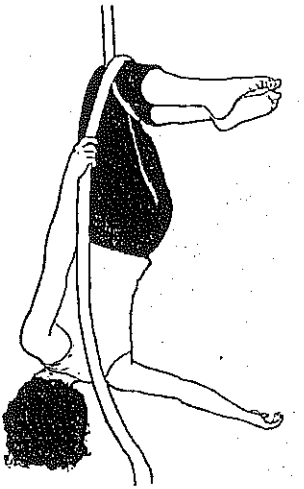
Chute Jarrets Enroulés 1



Chute Jarrets Enroulés 2

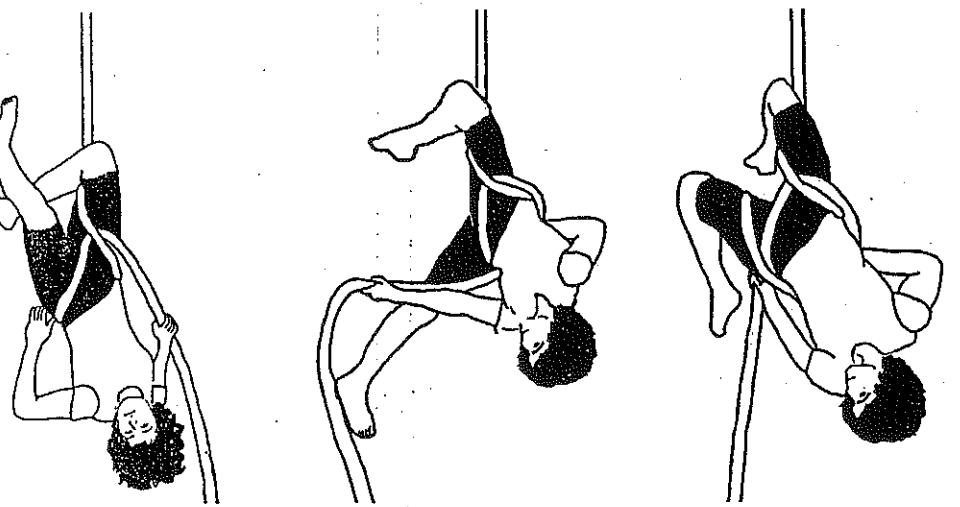


Chute Jarrets Enroulés 3

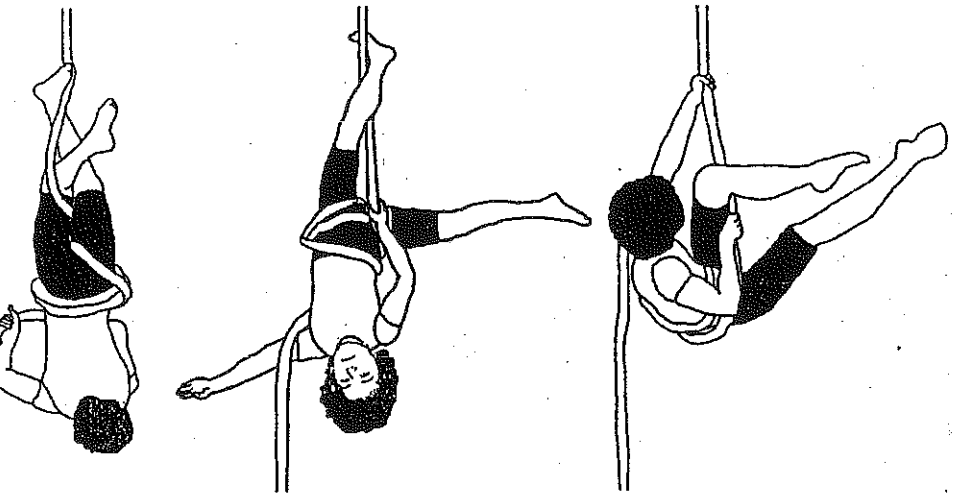


Chute Jarrets Enroulés fin

Les Chutes
(De Grenouille)

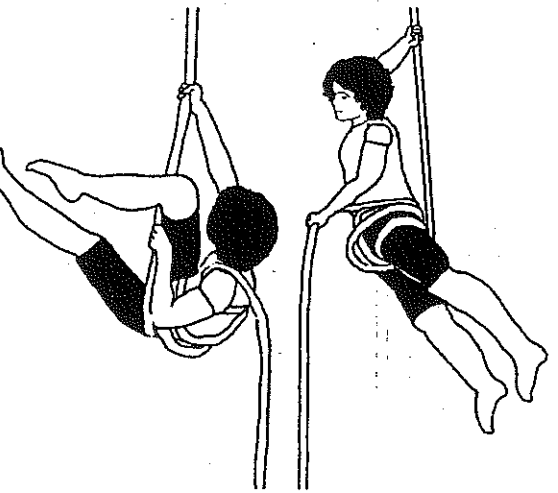


Préparation Grande Chute à la Lluvia 6 , 7 et 8

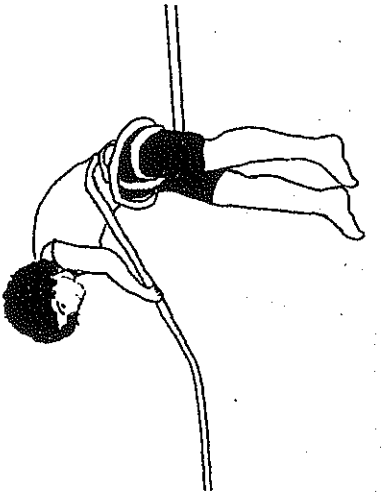


Préparation Grande Chute à la Lluvia 9 , 10 et 11

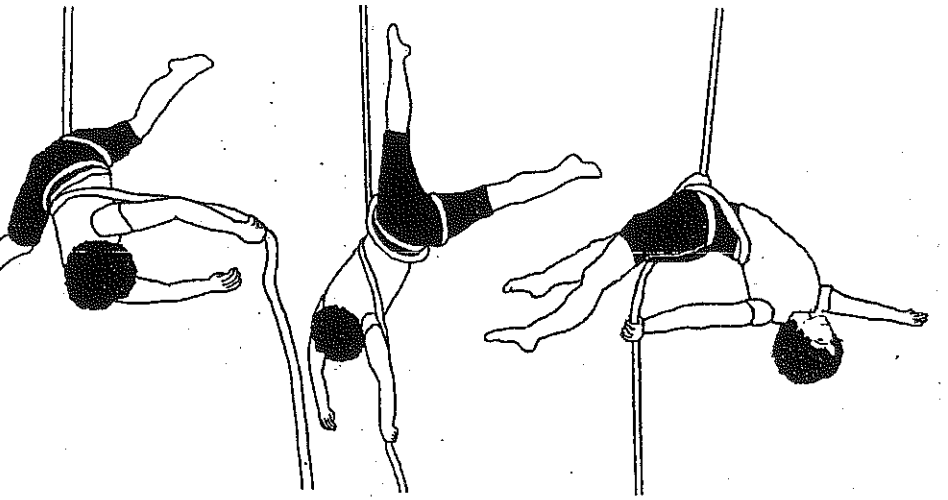
Les Chutes
(De Grenouille)



Préparation Grande Chute à la Lluvia 18 , 19

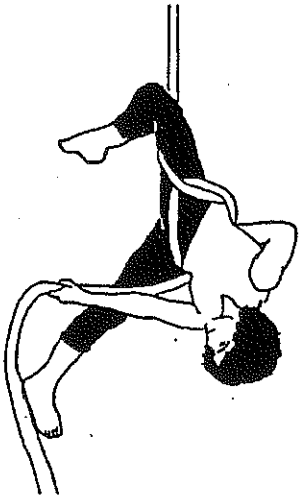


Grande Chute à la Lluvia 1

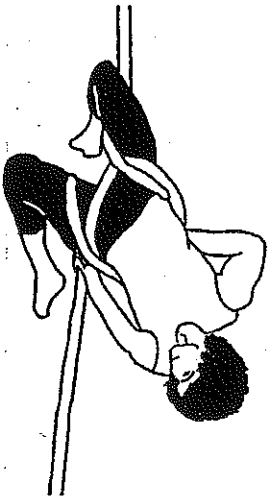


Grande Chute à la Lluvia 2 , 3 et fin

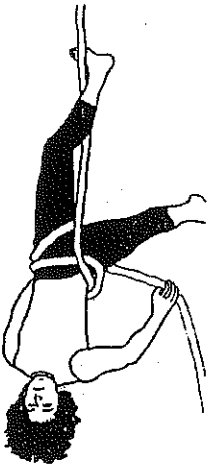
Les Chutes
(De Grenouille)



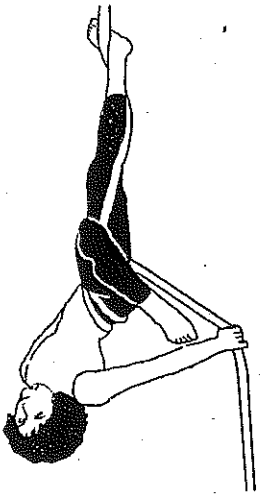
Préparation Triple Vrille 7



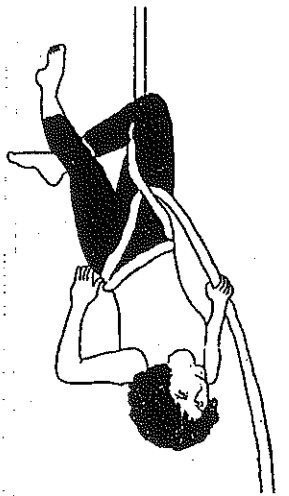
Préparation Triple Vrille 8



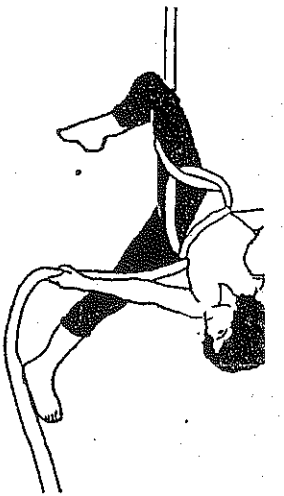
Préparation Triple Vrille 9



Préparation Triple Vrille 10

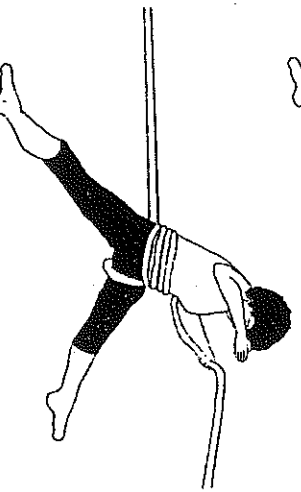


Préparation Triple Vrille 11

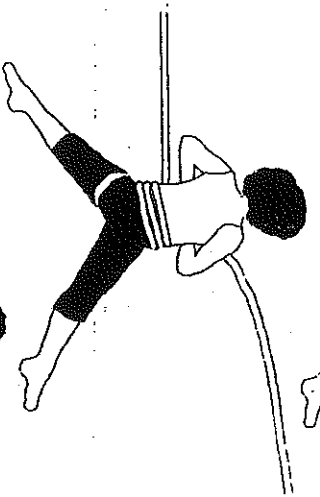


Préparation Triple Vrille 12

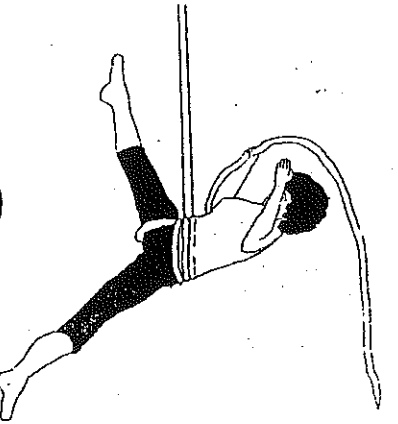
Les Chutes
(De Grenouille)



Chute Triple Vrille 1

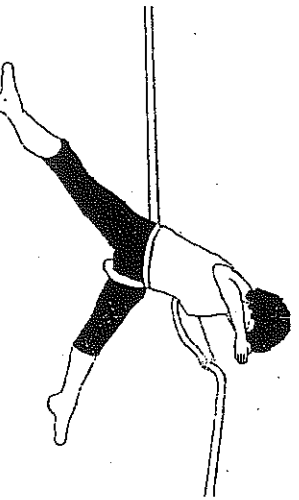


Chute Triple Vrille 2

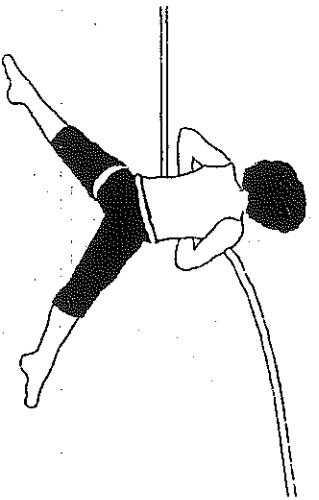


Chute Triple Vrille 3

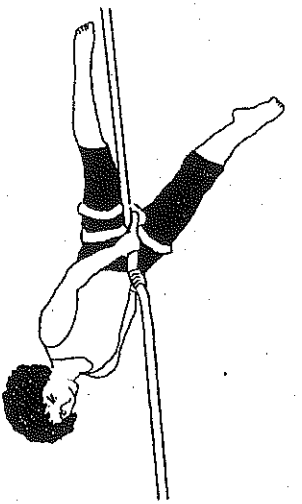
Puis



Chute Triple Vrille 4



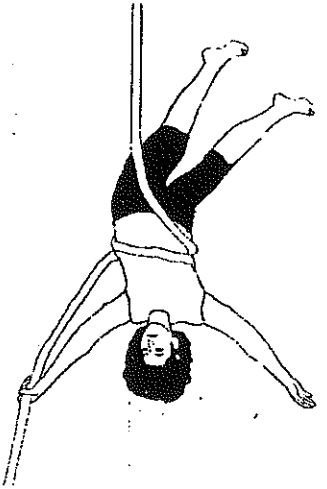
Chute Triple Vrille 5



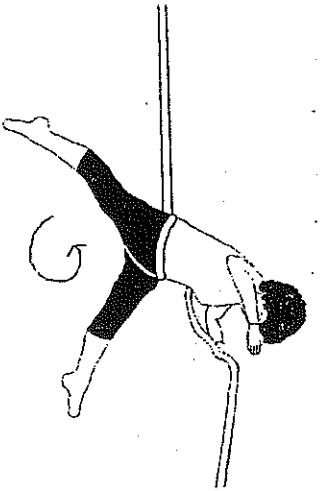
Chute Triple Vrille fin

Les Chutes
(De Jarrets)

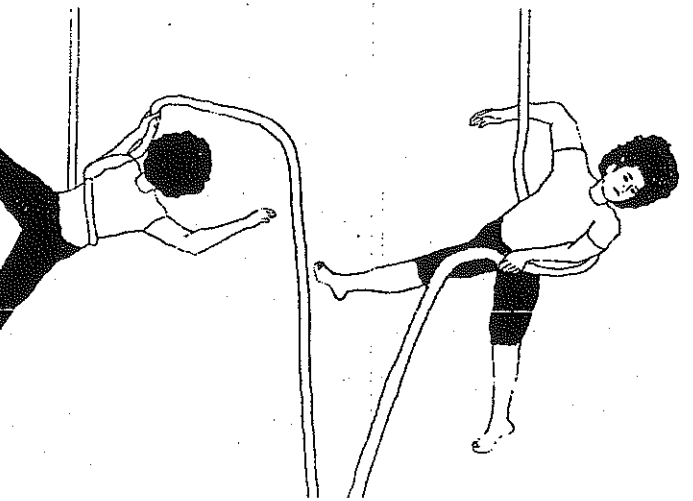
hute Jarrets 1



Chute Jarrets 2



Chute Jarrets 3



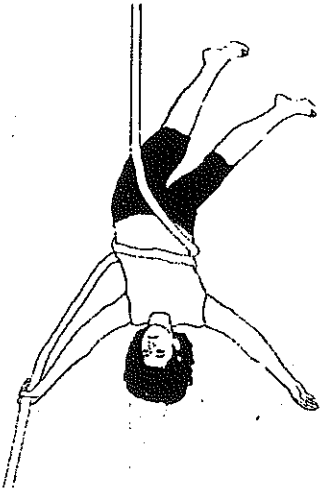
ute Jarrets 4

Chute Jarrets Rattrape Bras

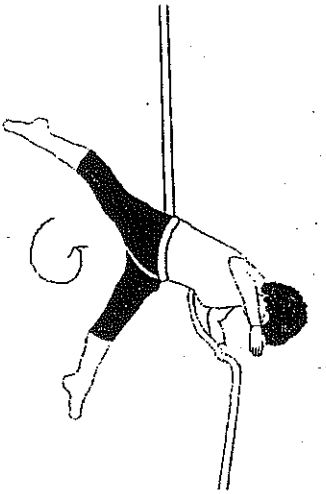
Chute Jarrets Rattrape Bras fin

Les Chutes
(De Jarrets)

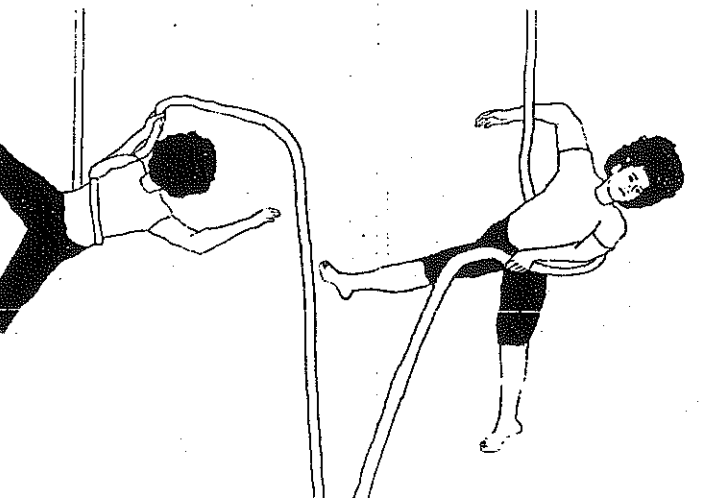
Chute Jarrets 1



Chute Jarrets 2



Chute Jarrets 3

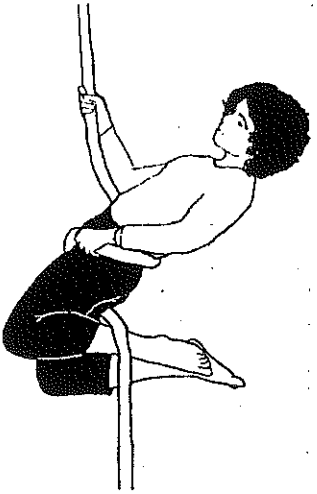


hute Jarrets 4

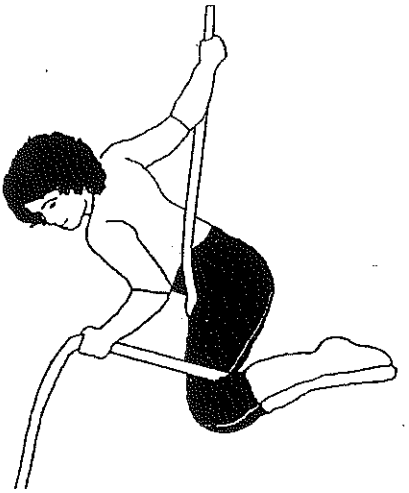
Chute Jarrets Rattrape Bras

Chute Jarrets Rattrape Bras fin

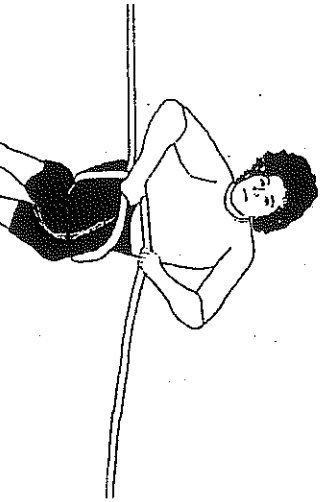
Les Chutes
(De Jarrets)



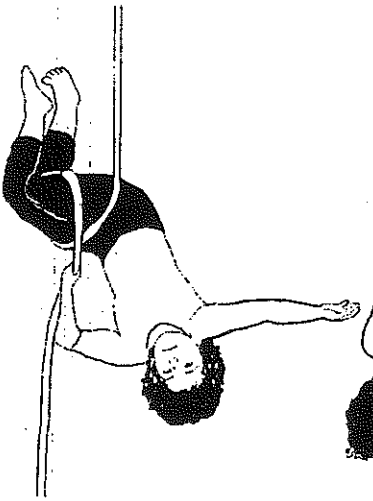
Chute Jarrets Planche Jarrets 6



Chute Jarrets Planche Jarrets 7

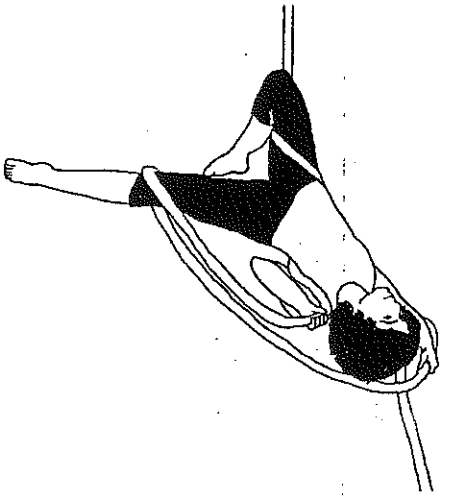


Chute Jarrets Planche Jarrets 8

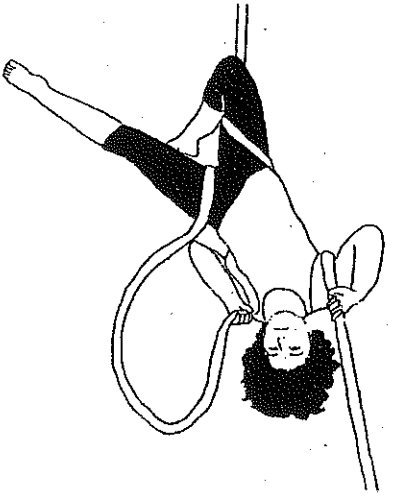


Chute Jarrets Planche Jarrets 9

Chute Jarrets Planche Jarrets fin

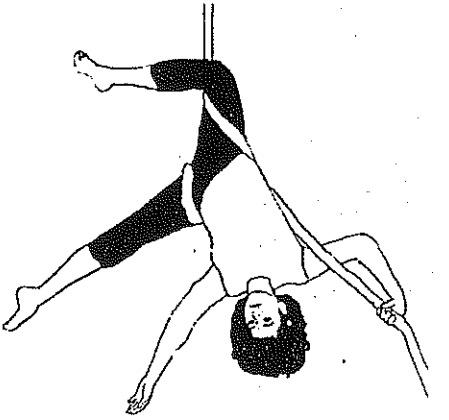


Préparation Chute Corde à Sauter 6

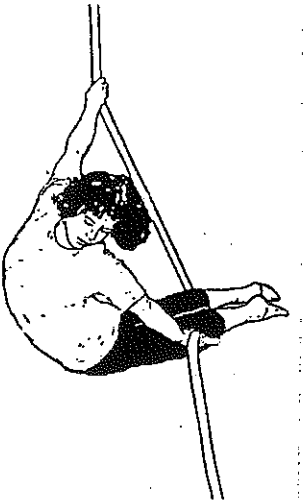


Préparation Chute Corde à Sauter 7

Chute Corde à Sauter

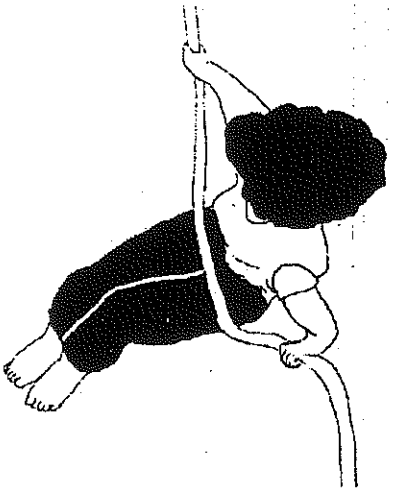


Chute Corde à Sauter fin

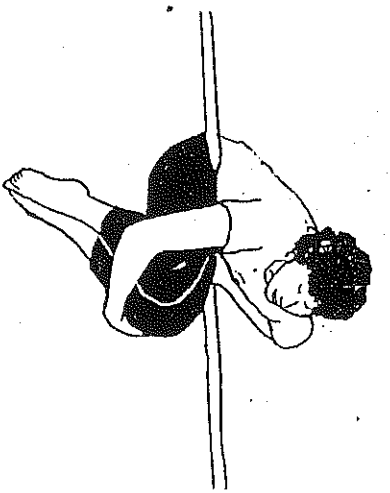


Chute Petite Boule de Lune 1 (Page 35)

Chute Petite Boule de Lune 2



Chute Petite Boule de Lune 3

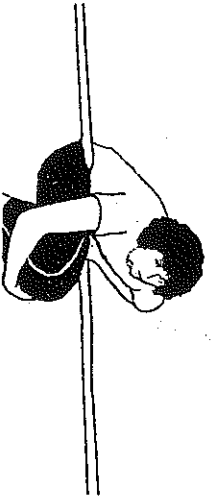


Chute Petité Boule de Lune fin

Les Chutes

Amazone dos (Page 34)

Chute Amazone Petite Boule



Chute Amazone Petite Boule fin

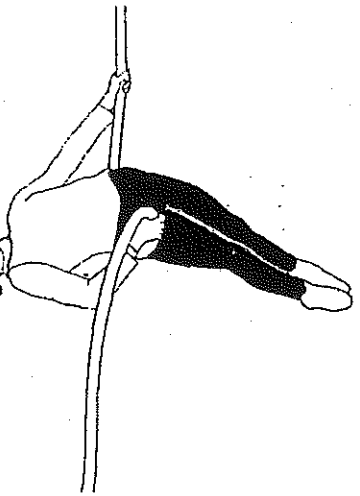
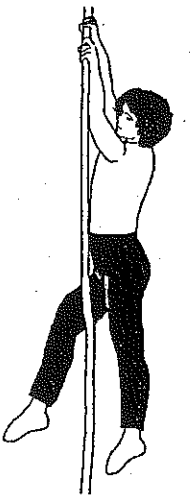


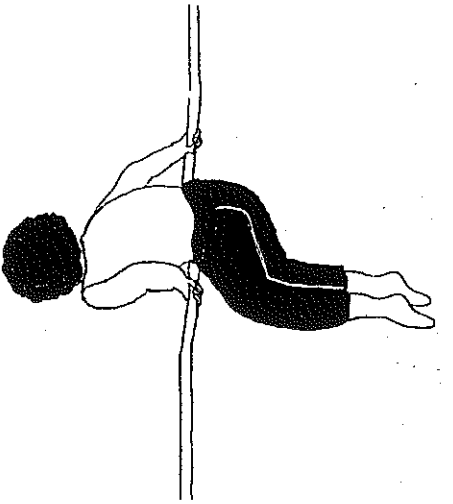
Planche Dos (Page)

Chute Planche Dos

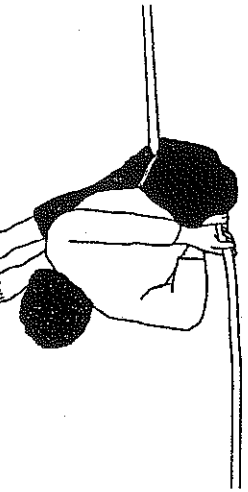


Chute Planche Dos fin

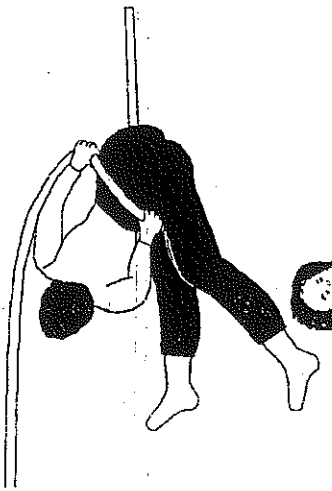
Suite Petite boule-Planche 5



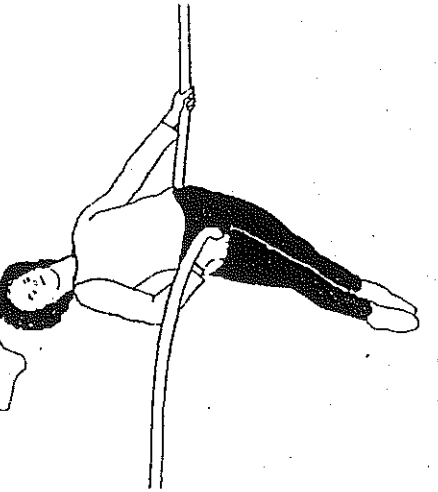
Suite Petite boule-Planche 6



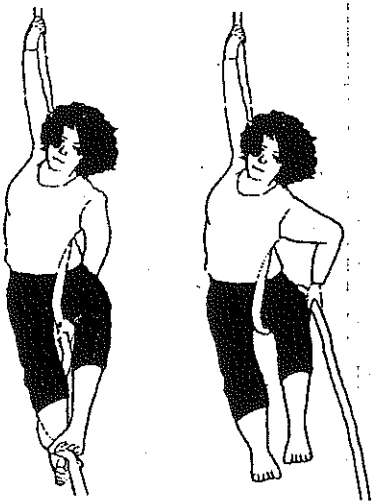
Suite Petite boule-Planche 7



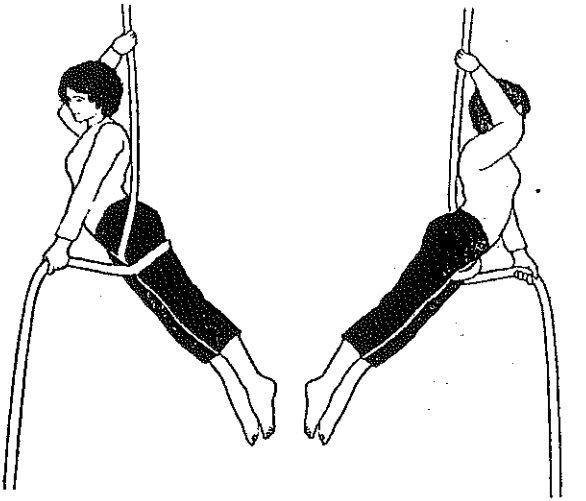
Suite Petite boule-Planche 8



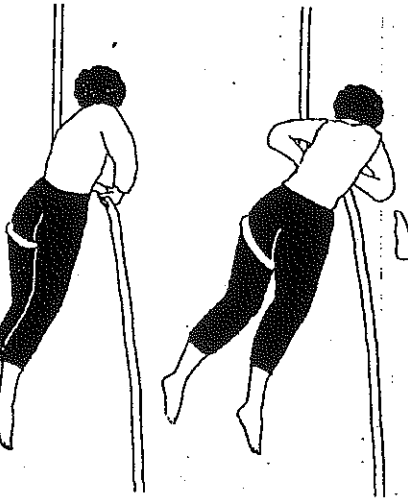
Suite Petite boule-Planche 9



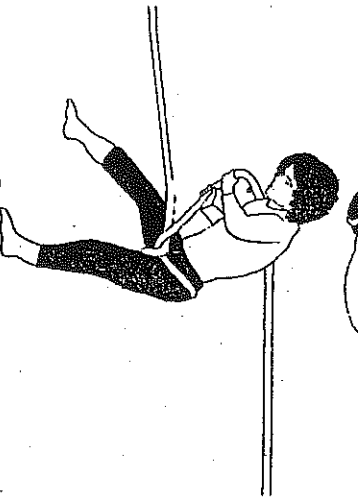
Préparation Chute Petite Cécile 1 et 2



Préparation Chute Petite Cécile face et dos



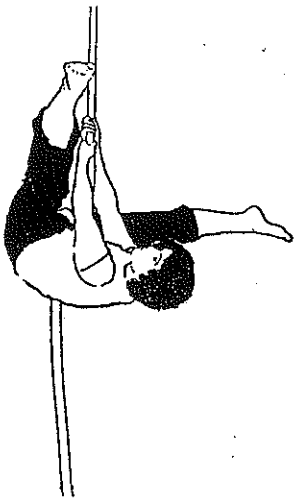
Chute Petite Cécile 1 et 2



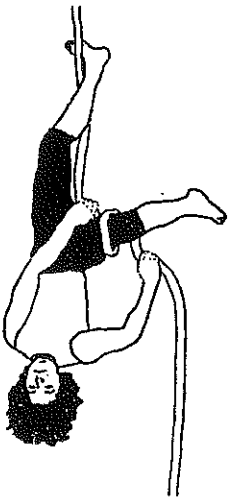
Chute Petite Cécile 3

Chute Petite Cécile fin

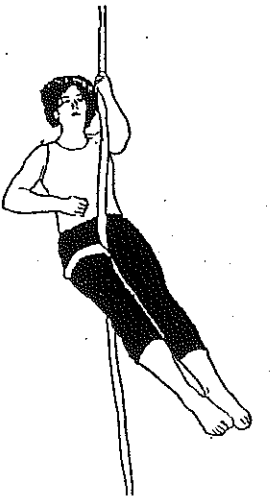
Les Chutes



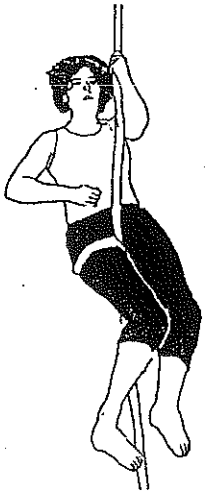
Préparation Chute une Cuissse Enroulée 1



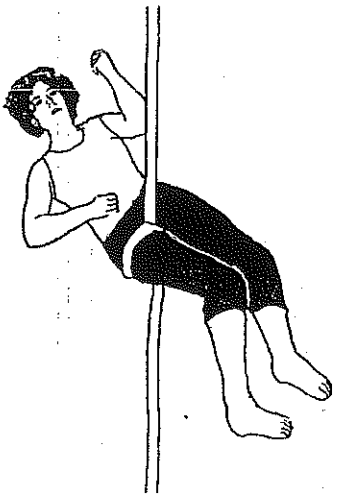
Préparation Chute une Cuissse Enroulée 2



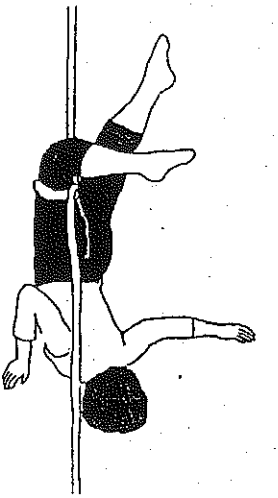
Une cuisse Enroulée Assis



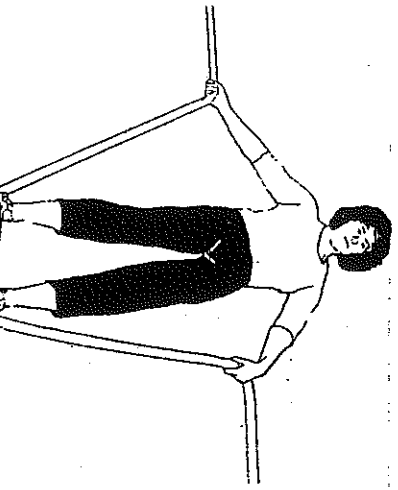
Chute une Cuissse Enroulée 1



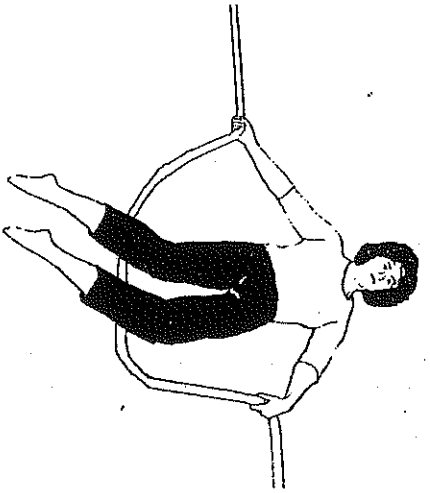
Chute une Cuissse Enroulée 2



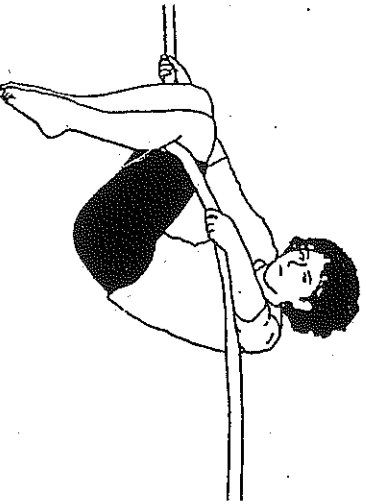
Chute une Cuissse Enroulée fin



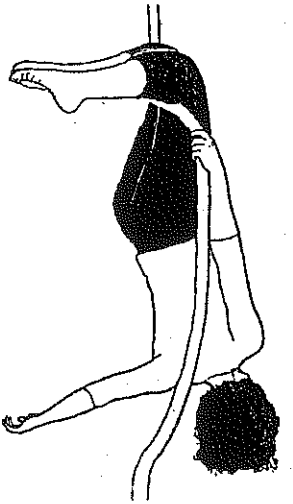
Drapeau de Côté (Page 63)



Chute Drapeau Jarrets 1



Chute Drapeau Jarrets 2



Chute Drapeau Jarrets fin

DANIECA

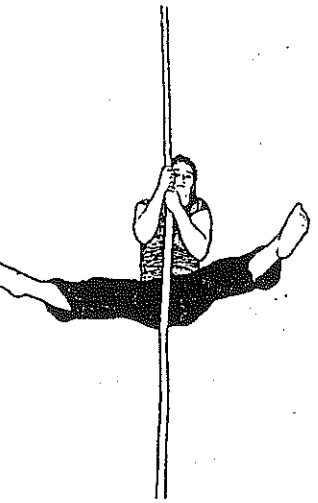
LES DESCENTES

Les Descentes

Descente Classique

Descente de Côté

Descente Doigts de Pieds



Descente en force Ecart

Descente en Force Equerre

Descente en Force Equerre Croisé

Les Descentes

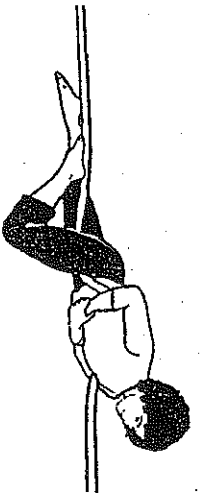
escente marchée 1

Descente marchée 2

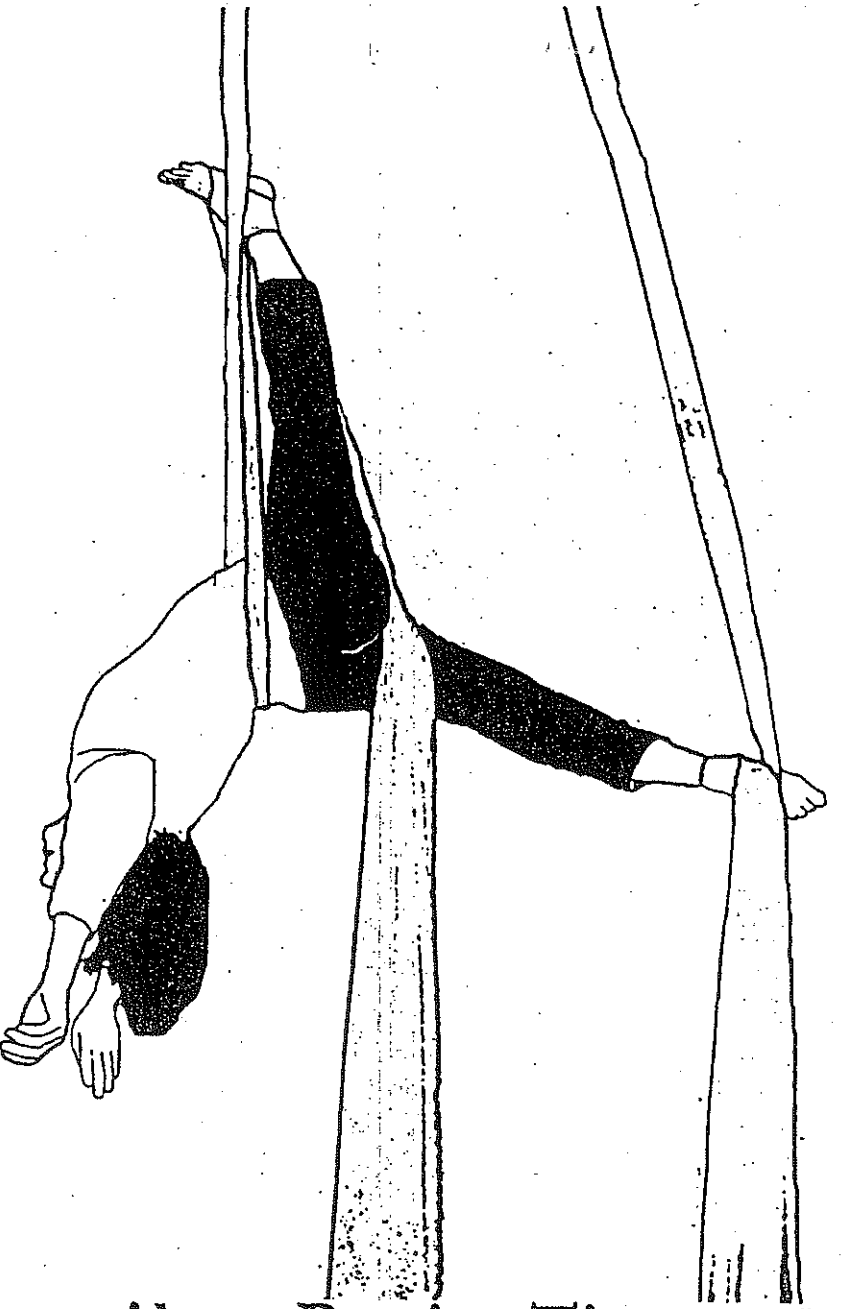
Descente marchée 3

scente marchée 4

Descente marchée 5

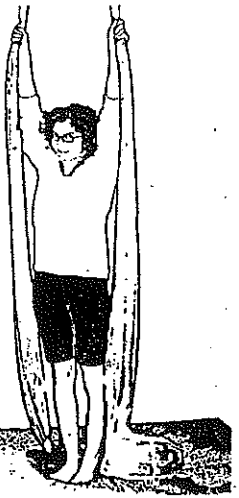


Descente marchée 6



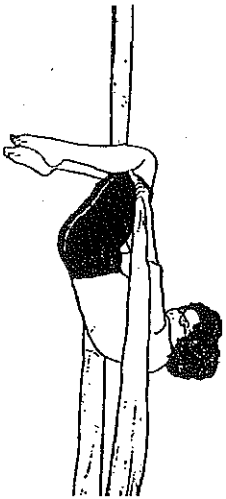
Deuxième Partie: Tissus séparés

Les Montées



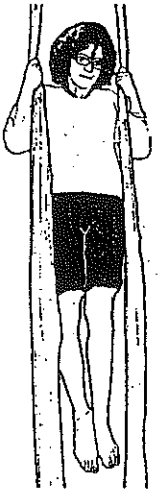
Montée Jarrets 1

Montée Jarrets 2

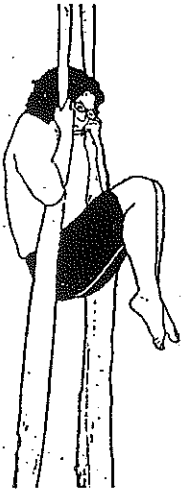


Montée Jarrets 3

Montée Jarrets 4



Montée Jarrets 5



Montée Jarrets 6

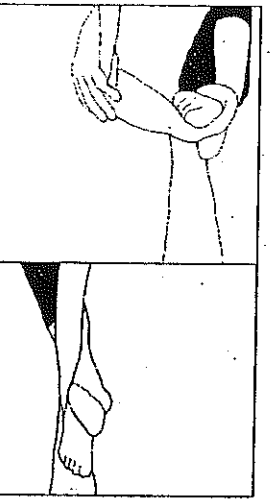
Les Montées

Préparation Clef de Pied 1

Préparation Clef de Pied 2

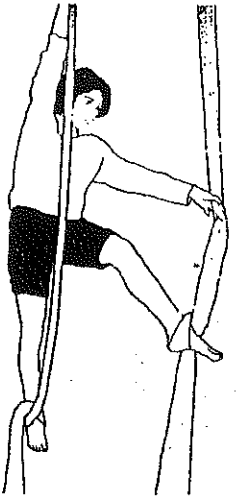
Préparation Clef de Pied 3

Clef de Pied

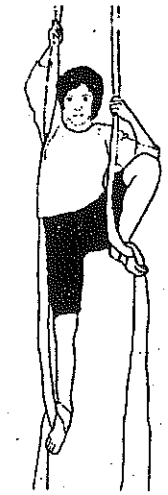


Fausse Clef de Pieds

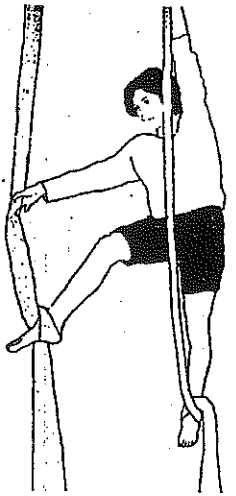
Montée Fausse Clef de Pieds 1



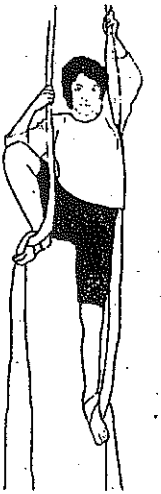
Montée Fausse Clef de Pieds 2



ıtée Fausse Clef de Pieds 3

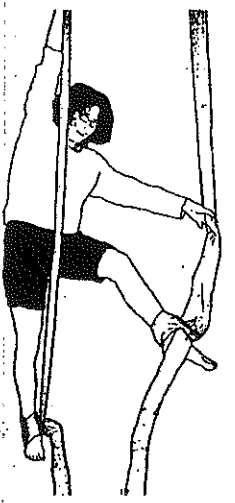


Montée Fausse Clef de Pieds 4

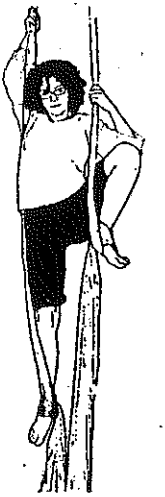


Montée Fausse Clef de Pieds 5

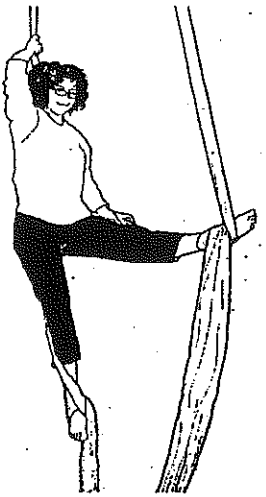
lef de Pied (Page 151)



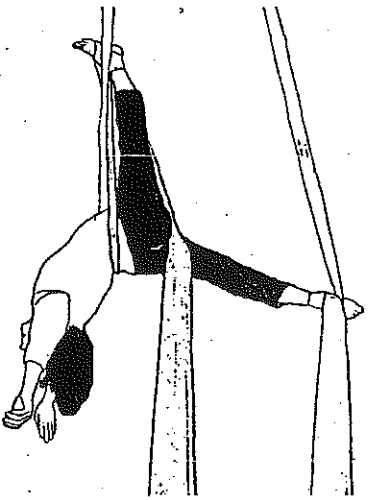
Double Clefs de pieds



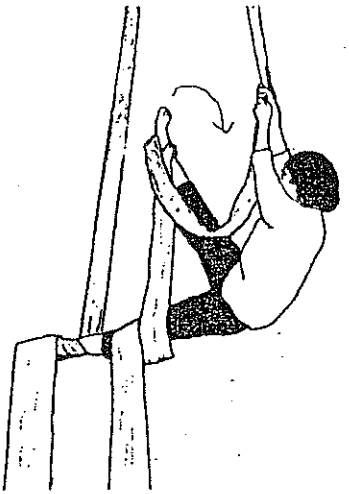
Double Clefs de Pieds Décalées



Préparation Grand L

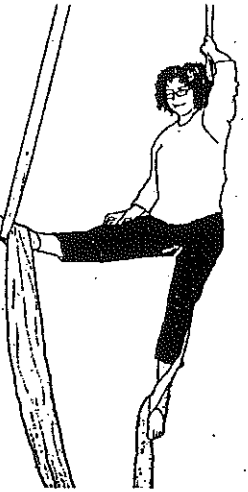


Grand L

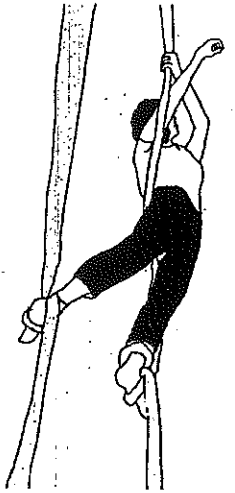


Préparation Grand Ecart Enroulé 3

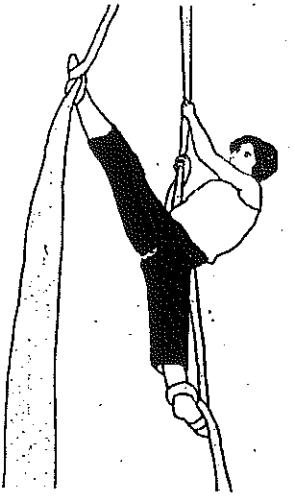
Grand Ecart Enroulé



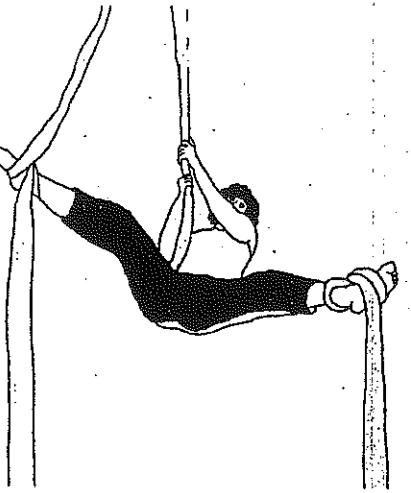
lefs de Pieds décalée (Page 157)



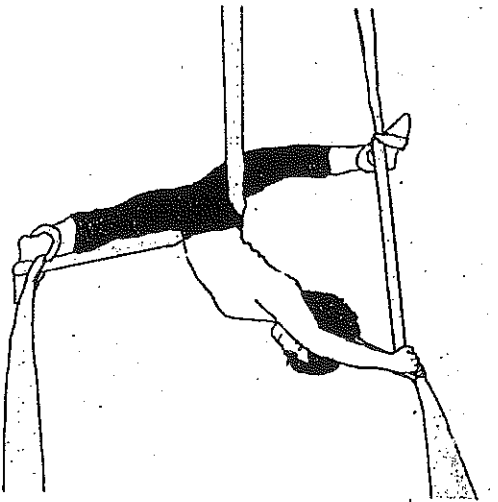
Préparation Ecart Dos Enroulé 1



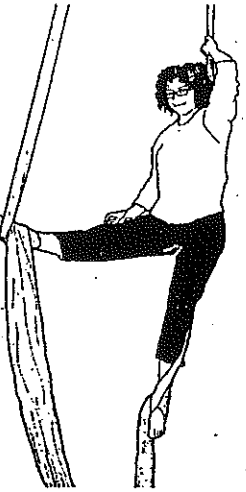
Préparation Ecart Dos Enroulé 2



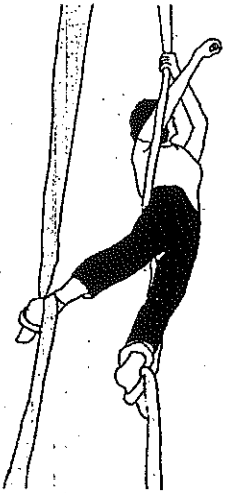
Préparation Ecart Dos Enroulé 3



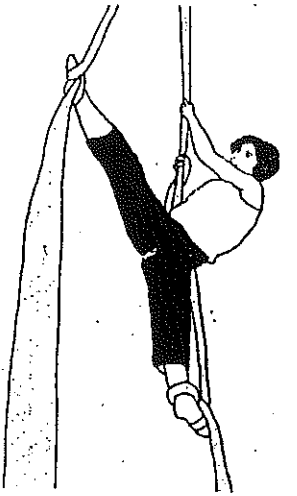
Ecart Dos Enroulé



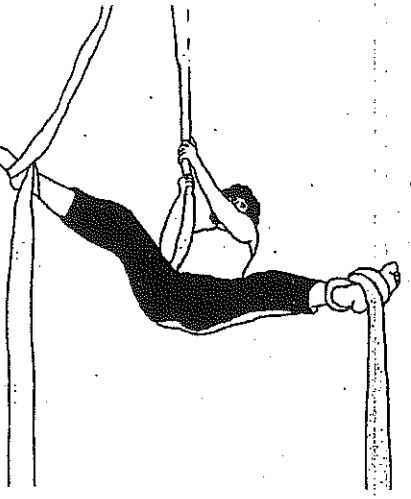
lefs de Pieds décalée (Page 157)



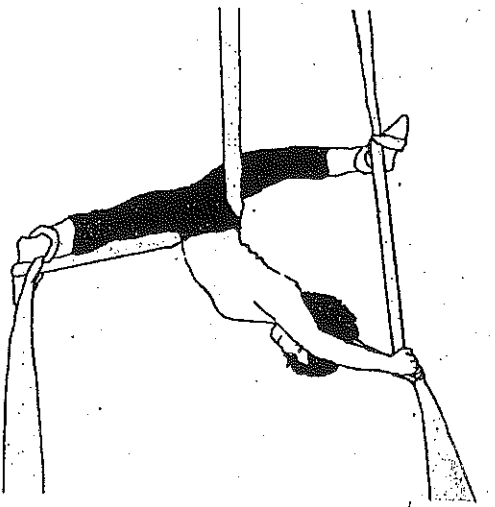
Préparation Ecart Dos Enroulé 1



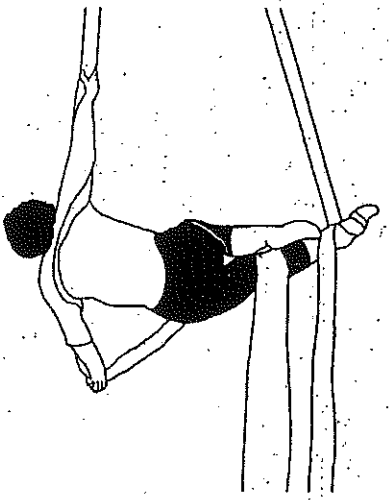
Préparation Ecart Dos Enroulé 2



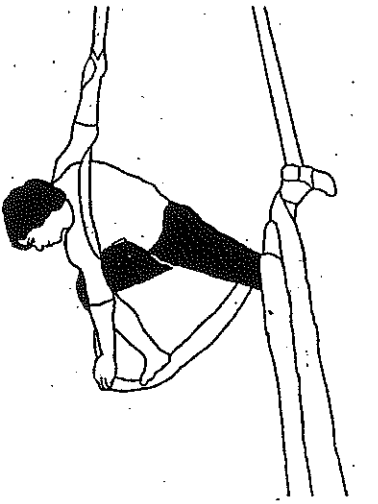
Préparation Ecart Dos Enroulé 3



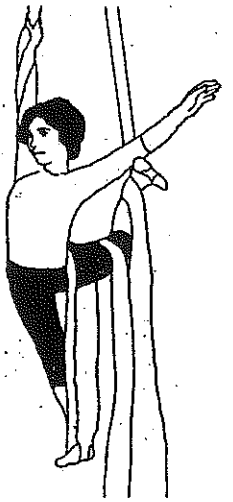
Ecart Dos Enroulé



Préparation Enroulé Fanny 3



Préparation Enroulé Fanny 4

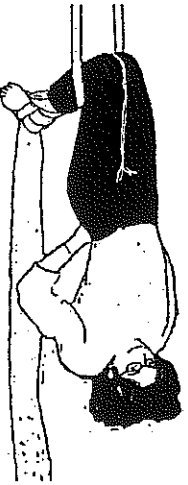


Enroulé Fanny

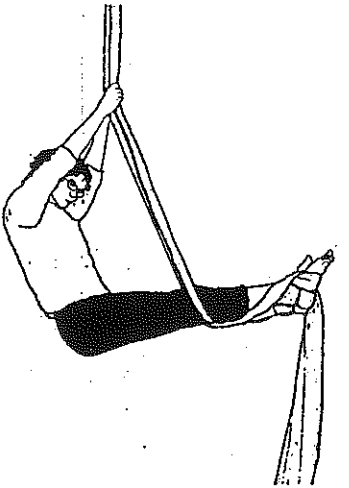
paration Assis de Croix

Assis de Croix

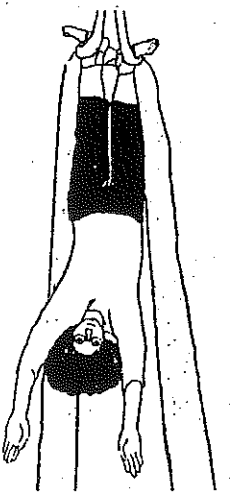
Préparation Jarrets de Croix



Jarrets de Croix

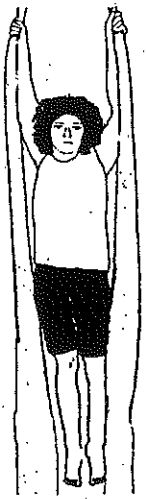


Préparation Pieds de Croix



Pieds de Croix

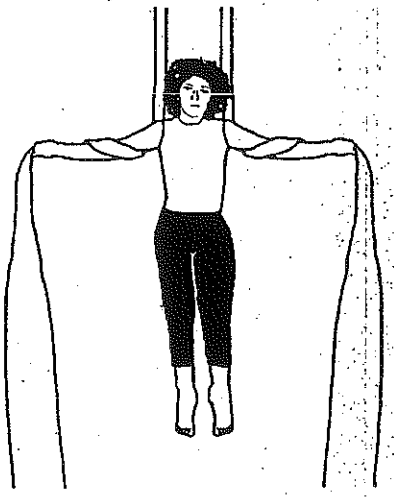
Figures Statiques



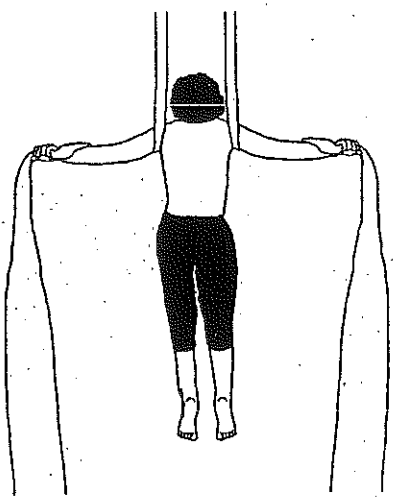
Préparation Croix 1

Préparation Croix 2

Préparation Croix 3



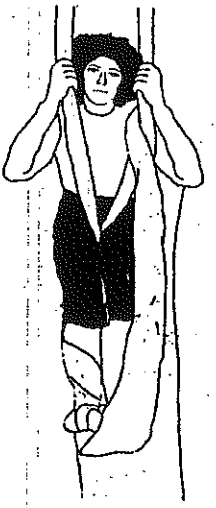
Croix face



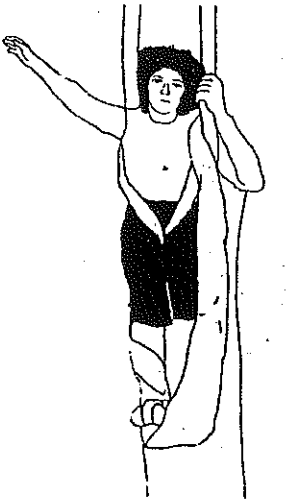
Croix dos

Figures Statiques

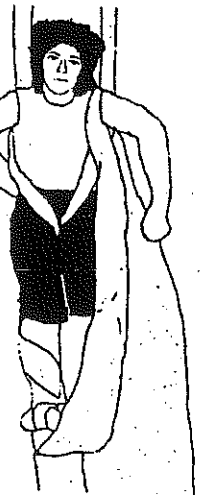
Préparation La Toge 7



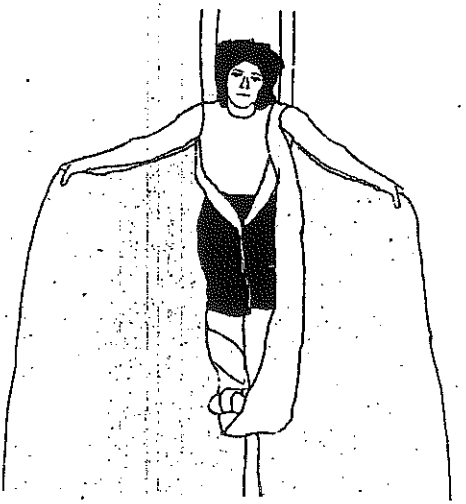
Préparation La Toge 8



Préparation La Toge 9



éparation La Toge 10

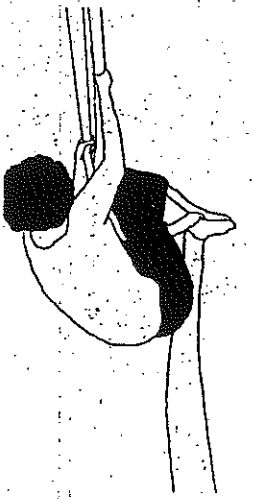


Préparation La Toge 11

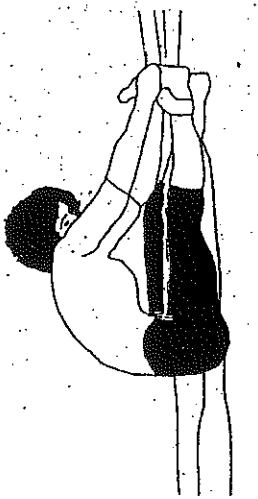
LaToge Fin

Figures Statiques

ration Chauve-Souris 1

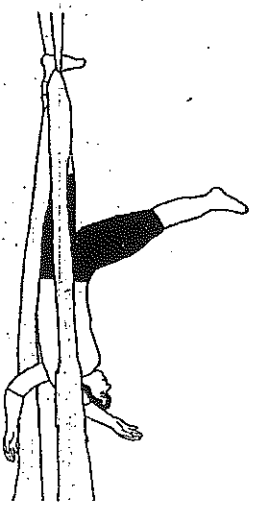


Préparation Chauve-Souris 2

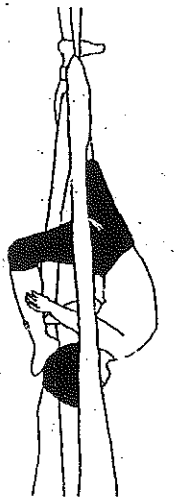


Préparation Chauve-Souris 3

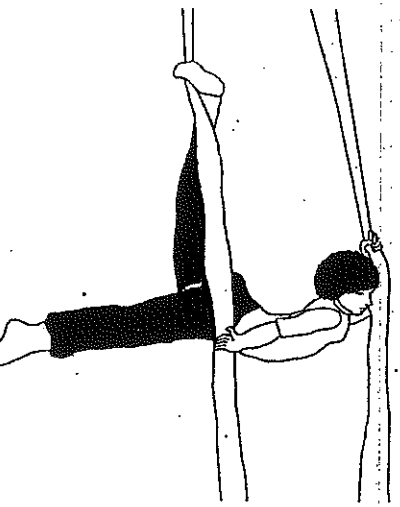
on Chauve-Souris 2 Pieds



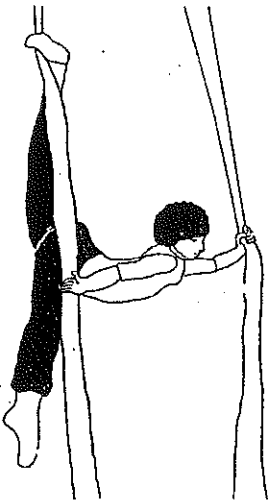
Chauve-Souris 1 Pied



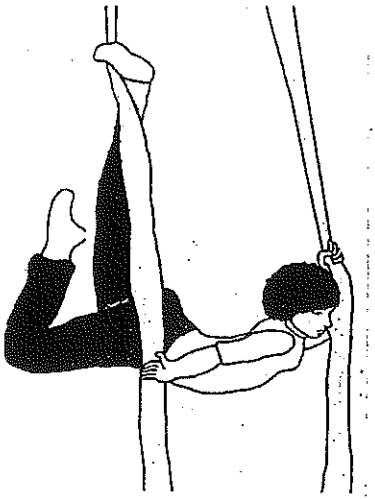
Chauve-Souris Pied-Tête



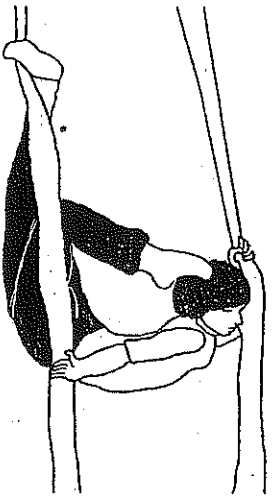
Enroulé Avion



Enroulé Avion Ecart

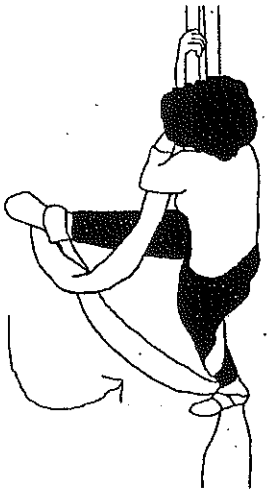


Enroulé Avion Sirène

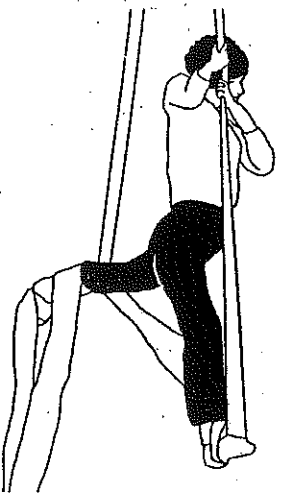


Enroulé Avion Souplesse

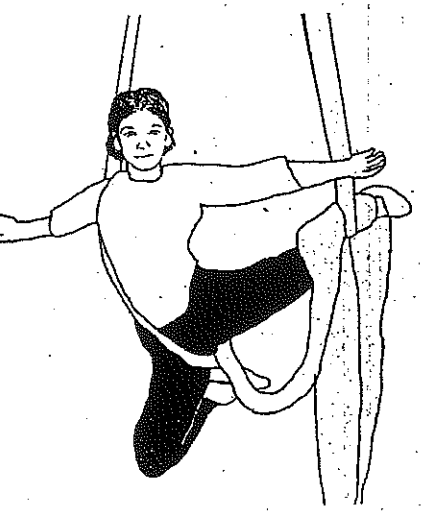
Figures Statiques



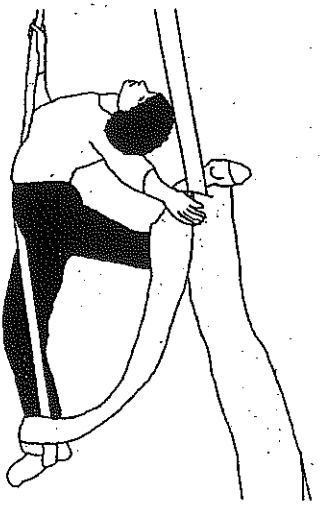
Préparation Enroulé Souplesse 5



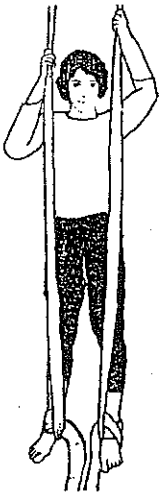
Enroulé Souplesse Debout



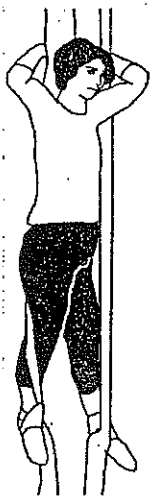
Enroulé Souplesse Jambe Pliée



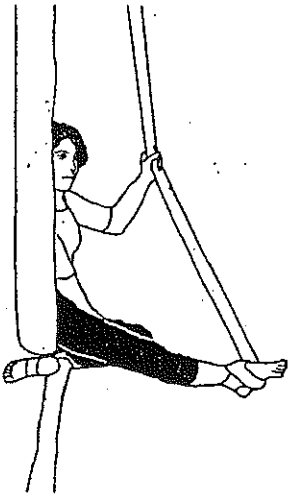
Enroulé Souplesse



ouble Clef de Pieds (Page 157)

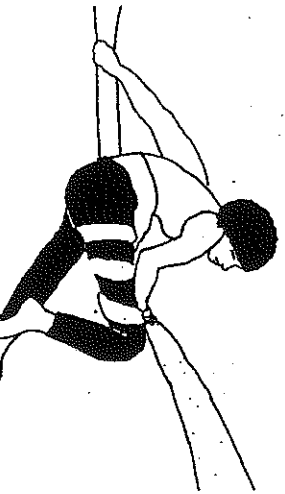


Préparation Faux Cocon

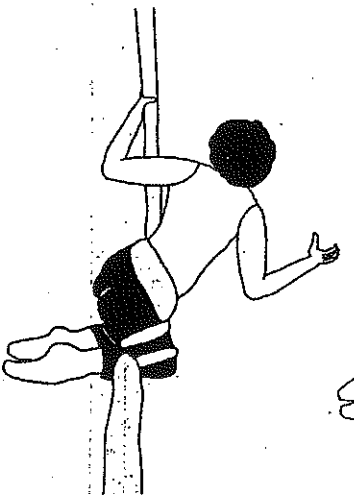


Faux Cocon

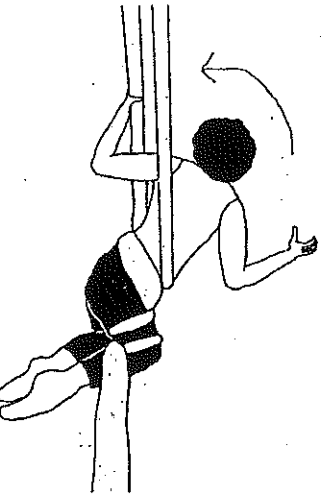
FIGURES STATIQUES



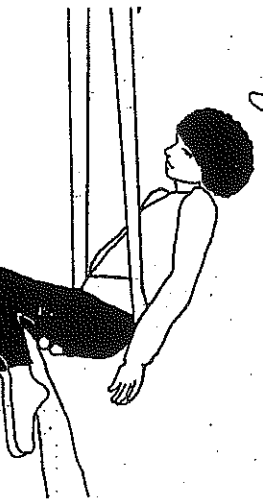
paration Enroulé Assis Jovlène 6



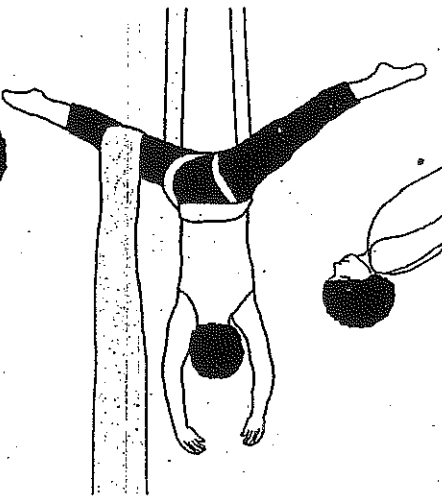
Préparation Enroulé Assis Jovlène 7



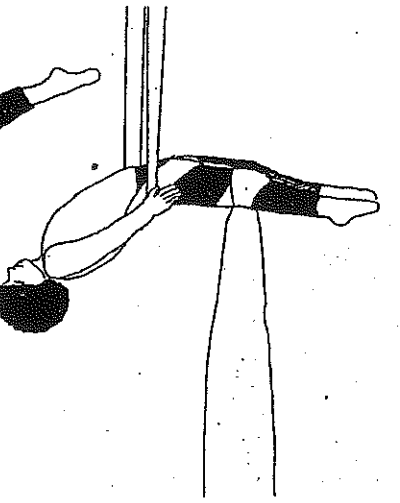
Préparation Enroulé Assis Jovlène 8



Enroulé Assis Jovlène

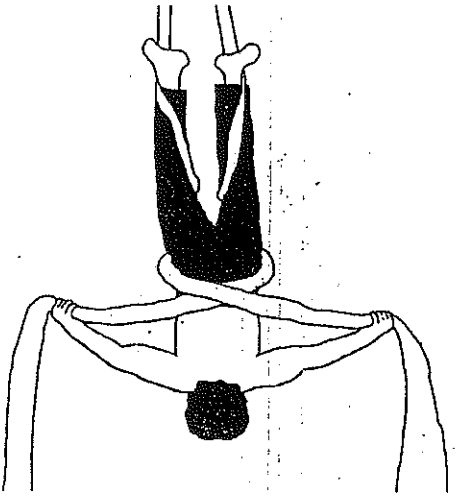


Enroulé Grand V Jovlène



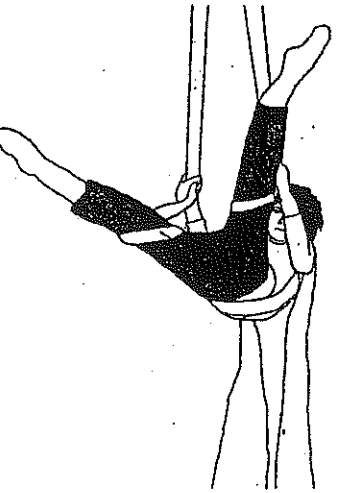
Enroulé Planche Jovlène

Figures Statiques



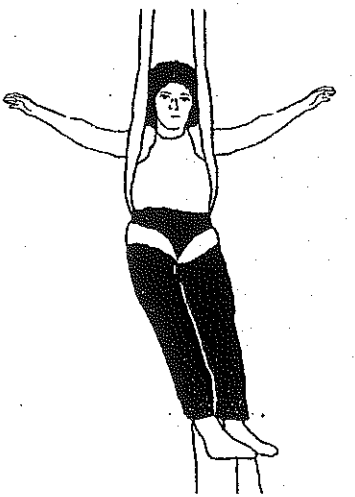
Préparation Croisé Dos 6

Croisé Dos

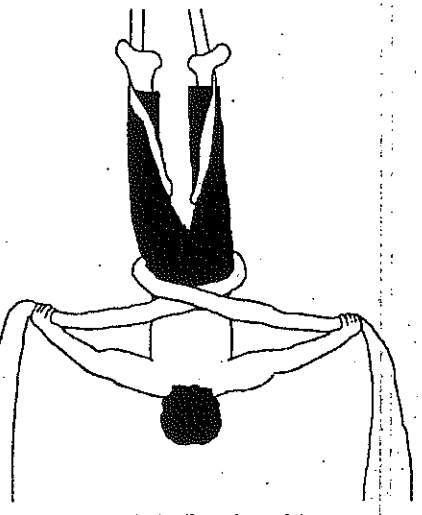


Préparation Assis Croisé Dos 1

Préparation Assis Croisé Dos 2

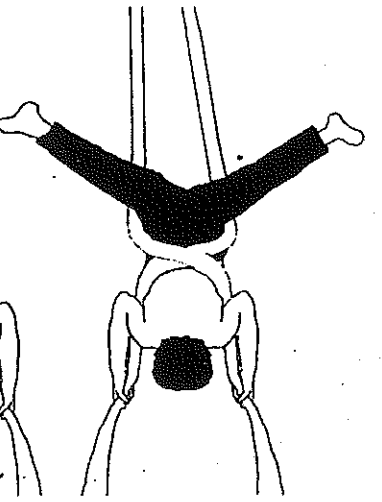


Assis Croisé Dos



Préparation Croisé Dos (Page 181) 6

Croisé Dos (Page 181)



Croisé Dos Grand V

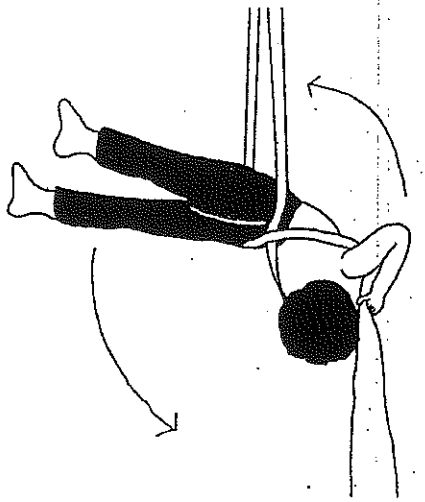
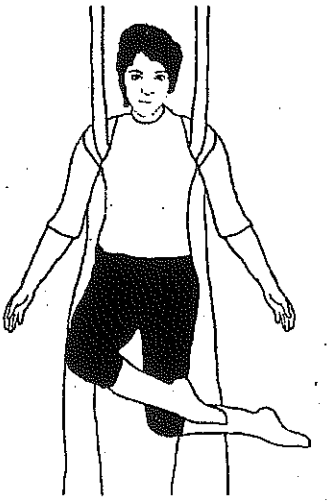
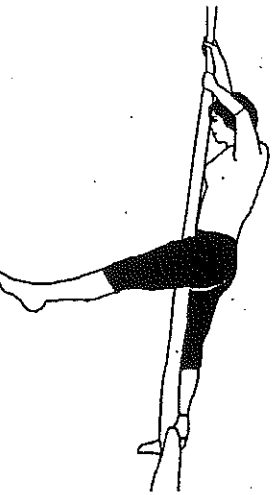


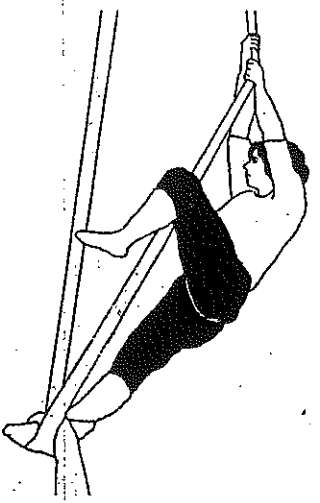
Planche de Croisé Dos



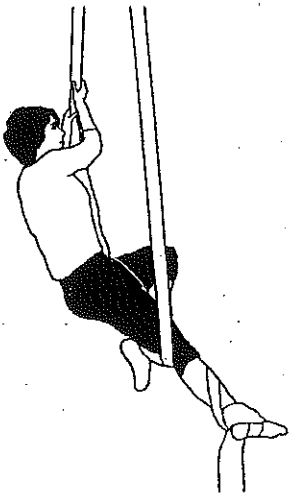
Supermann



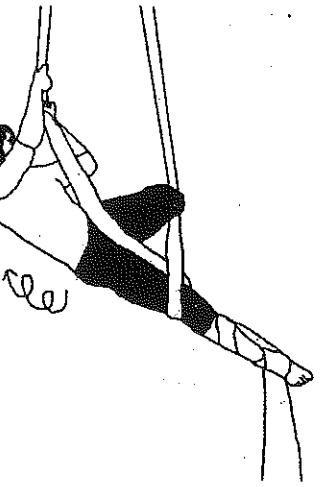
Clef de Pieds (Page 181)



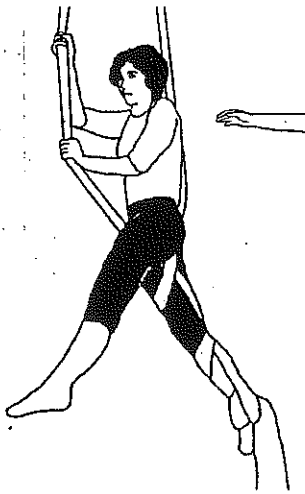
Préparation Enroulé Croisé 1



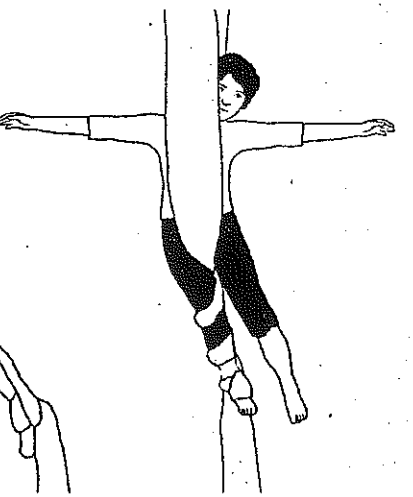
Préparation Enroulé Croisé 2



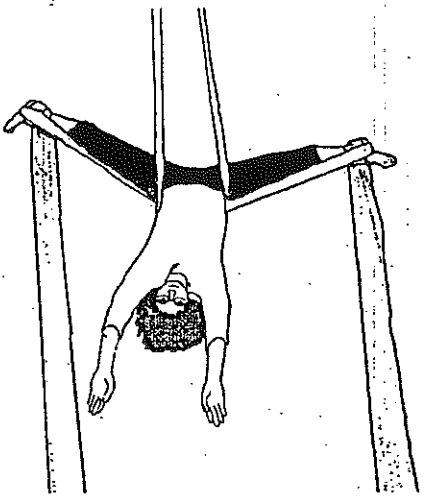
Préparation Enroulé Croisé 3



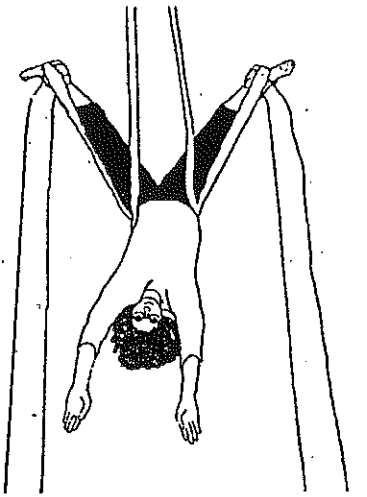
Préparation Enroulé Croisé 4



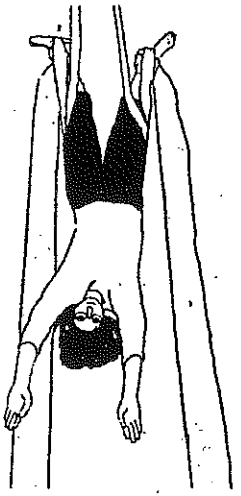
Enroulé Croisé fin



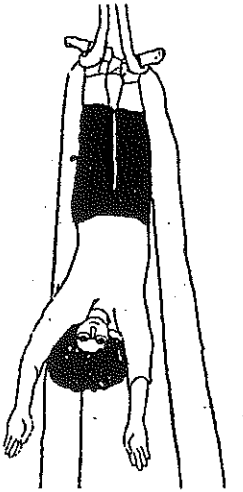
Demi-Renversé de Croix (Voir page 166)



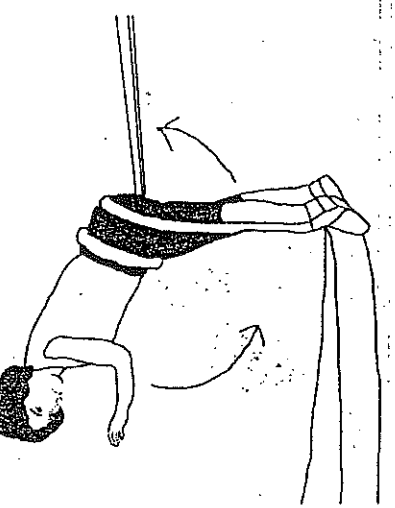
Chute Demi-Renversé de Croix 1



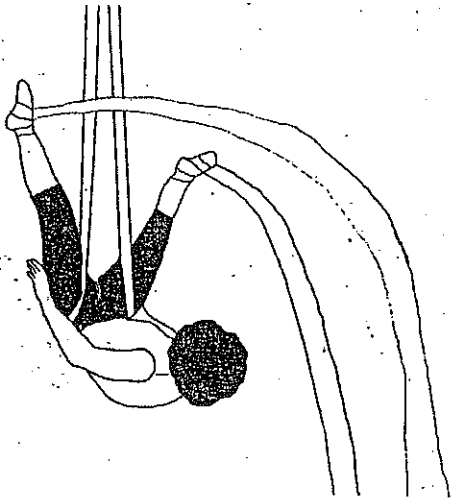
Chute Demi-Renversé de Croix 2



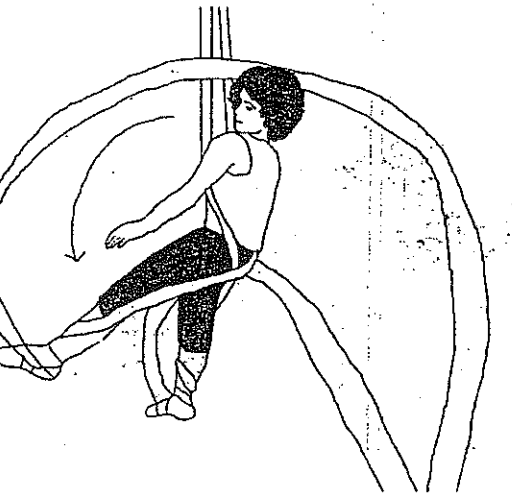
Chute Demi-Renversé de Croix fin



Chute Ecart de Croix 1

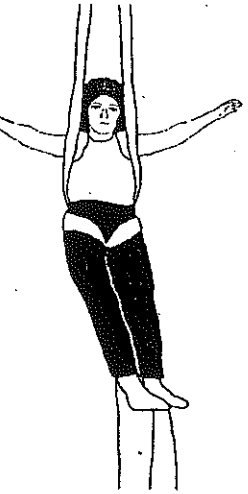


Chute Ecart de Croix 2

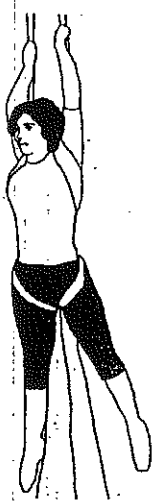


Chute Ecart de Croix 3

Chute Ecart de Croix fin

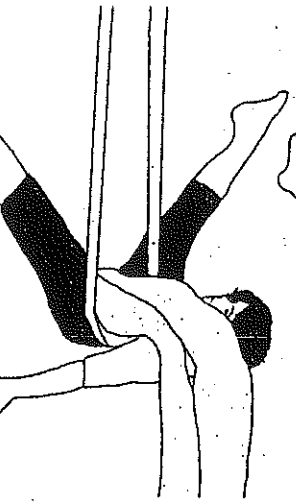


is Croisé Dos (Page 181)

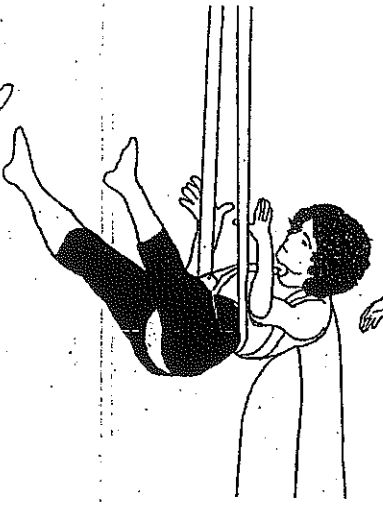


Chute Supermann Avant 1

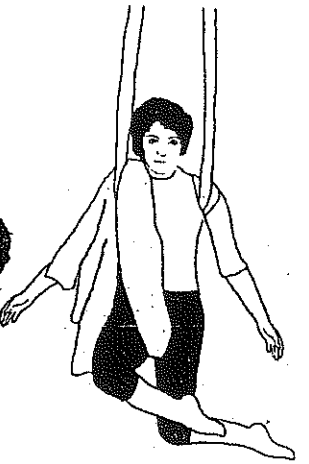
Chute Supermann Avant 2



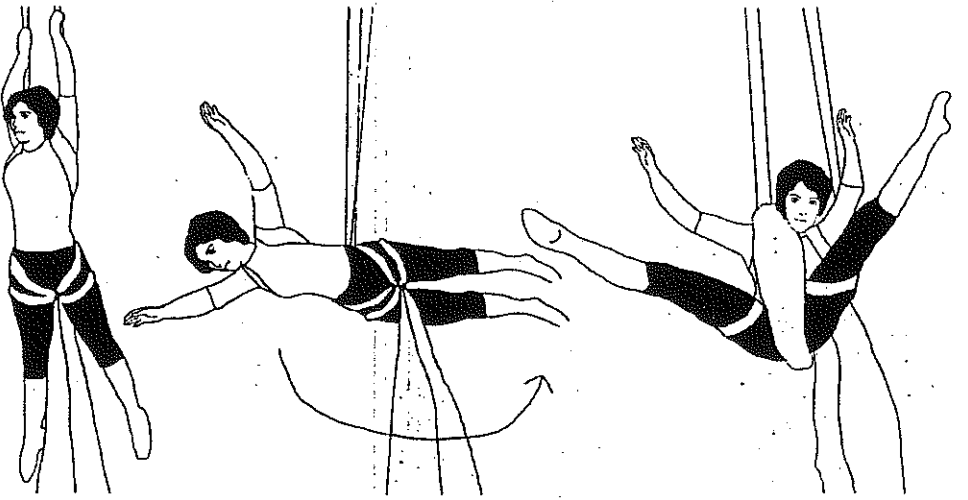
ute Supermann Avant 3



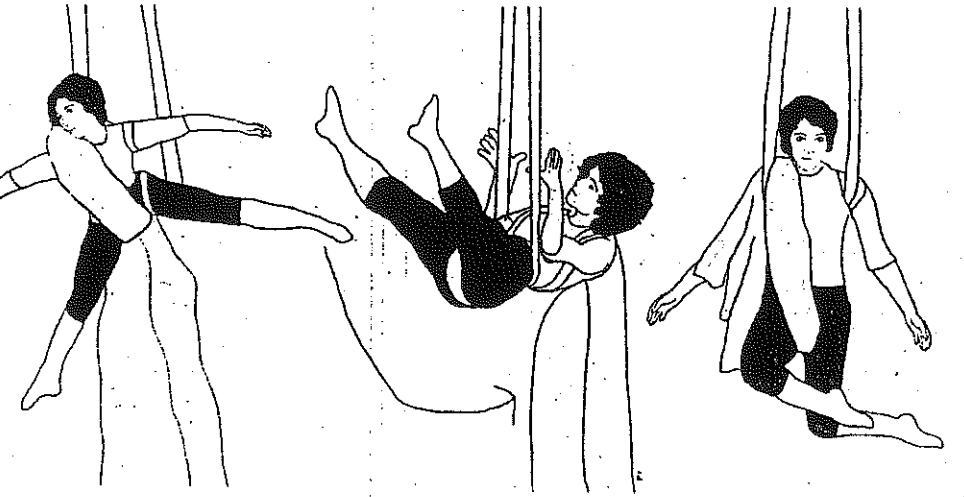
Chute Supermann Avant 4



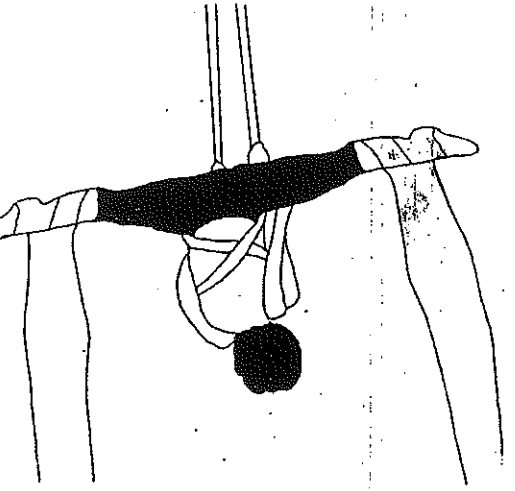
Chute Supermann Avant fin



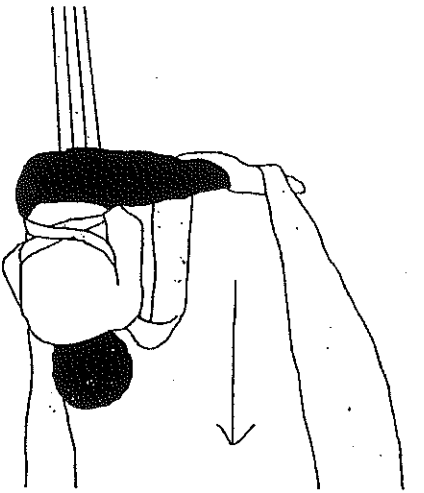
uble Chute Superman 1 Double Chute Superman 2 Double Chute Superman 3



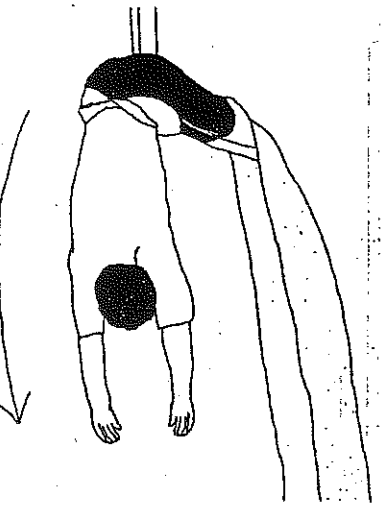
uble Chute Superman 4 Double Chute Superman 5 Double Chute Superman fin



Préparation Chute Ecart de Supermann 5



Chute Ecart de Supermann 1



Préparation Chute Ecart de Supermann fin

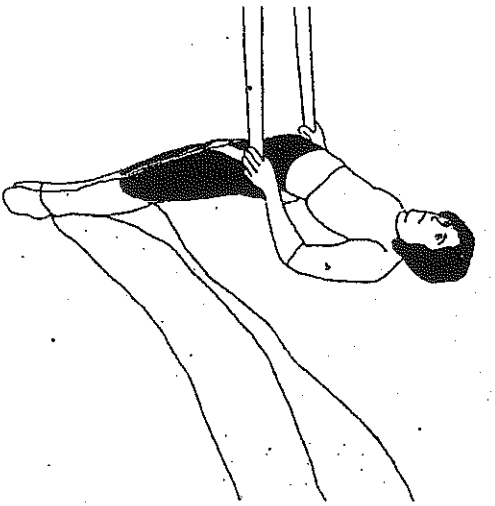


Planche après Chute Ecart de Supermann

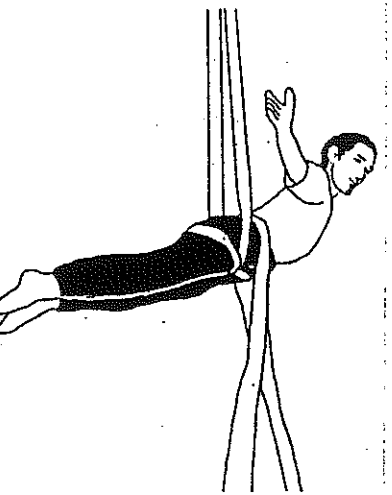
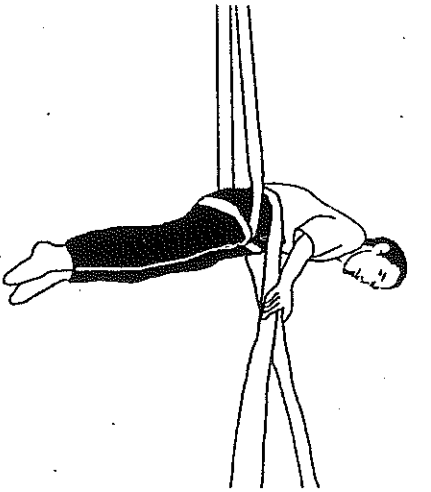
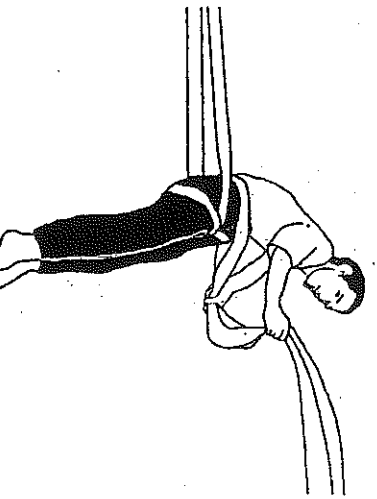


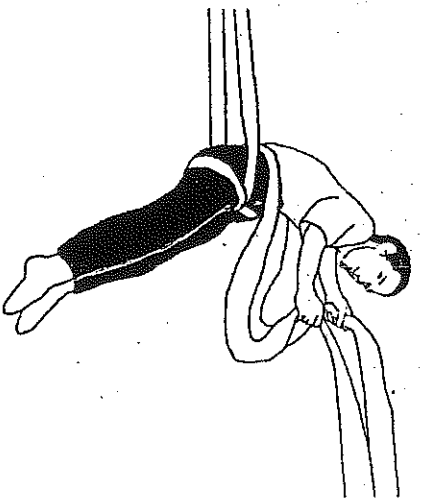
Planche de la Mouette Plongeuse



Préparation Chute la Mouette Plongeuse 5



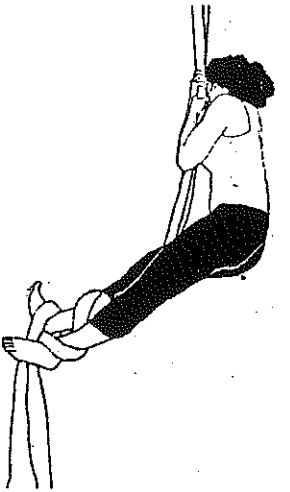
Préparation Chute la Mouette Plongeuse 6



Préparation Chute la Mouette Plongeuse 7

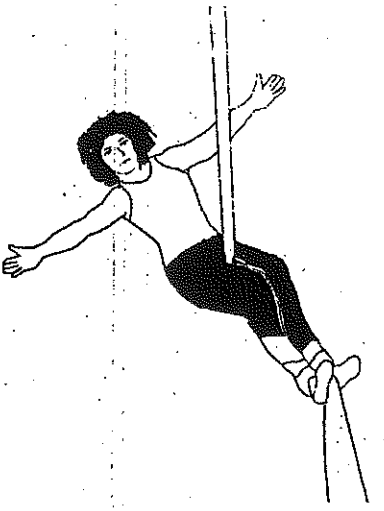
ration Chute Cheville 1

Préparation Chute Cheville 2

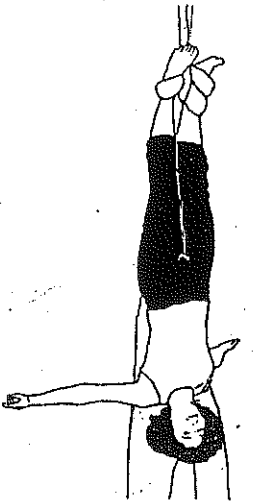


Préparation Chute Cheville 3

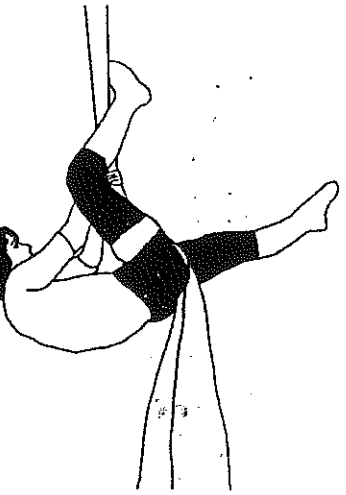
hute Cheville 1



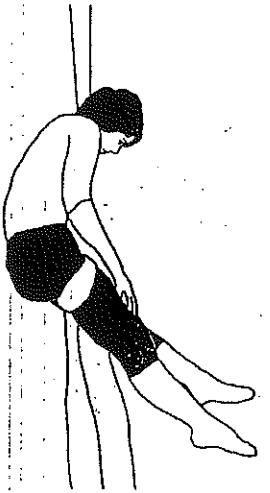
Chute Cheville 2



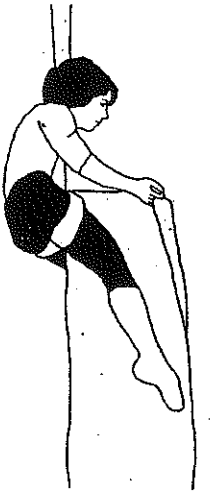
Chute Cheville 3



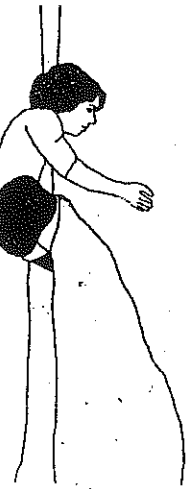
Préparation Pantalon 1



Préparation Pantalon 2



Préparation Pantalon 3



Pantalon fin

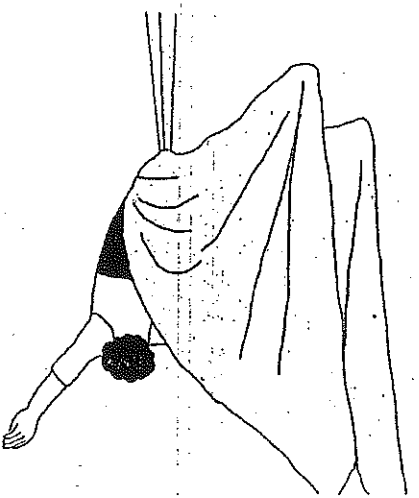


Planche Pantalon

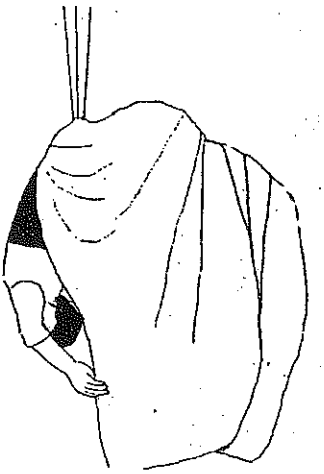
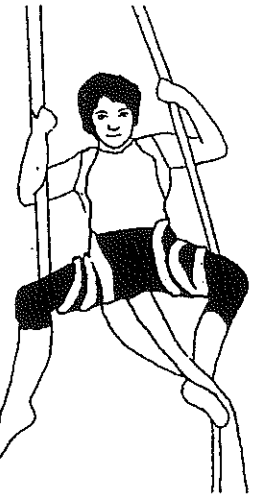
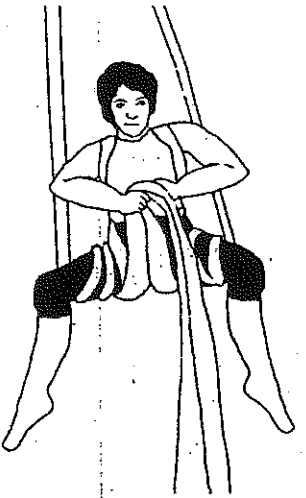


Planche Pantalon Souplesse



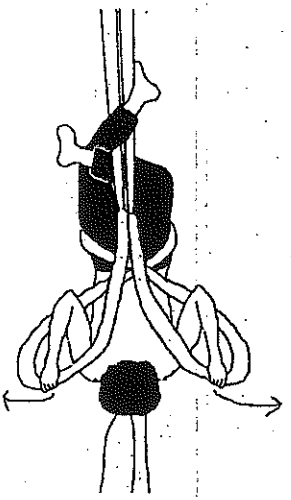
Préparation Chute Fanny 6



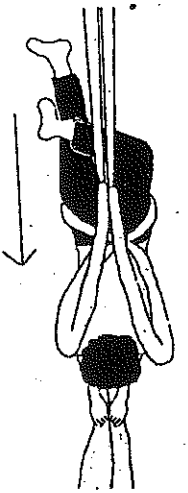
Chute Fanny 1

Chute Fanny 2

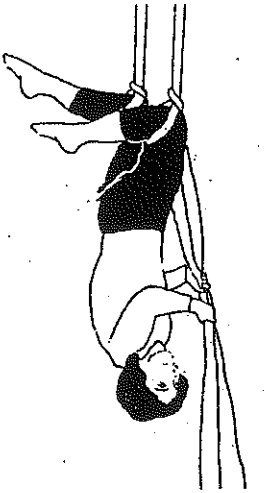
Chute Fanny 3



Chute Fanny 4

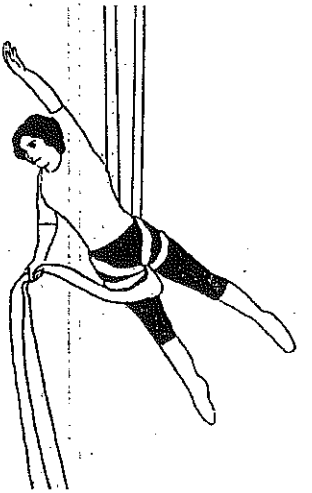


Chute Fanny 5



Chute Fanny fin

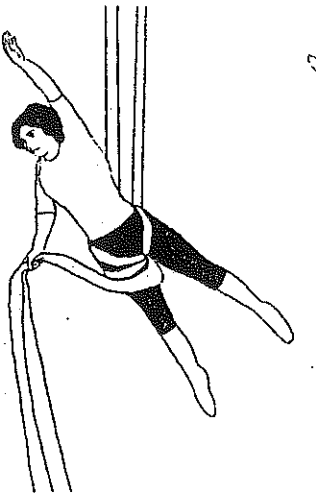
réparation Chute Claire 7



Chute Claire 1

Chute Claire 2

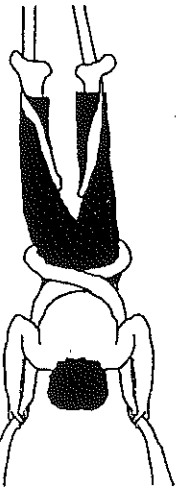
Chute Claire 3



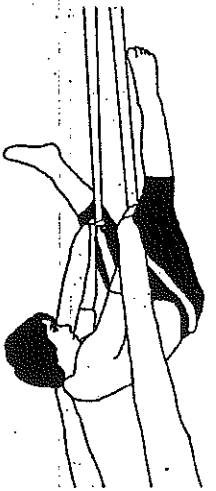
Chute Claire 4

Chute Claire fin

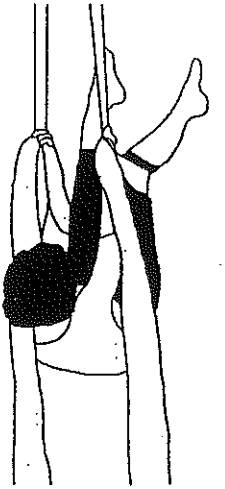
Les Descentes



roisé Dos (Page 181)

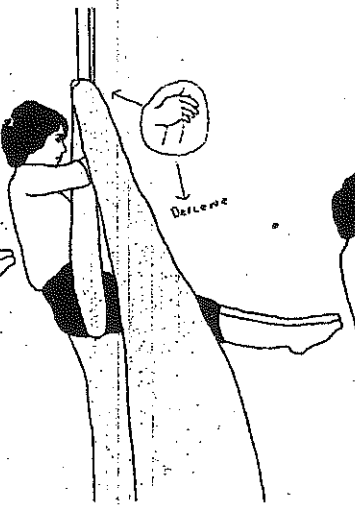


Préparation Descente Assis Croisé 1

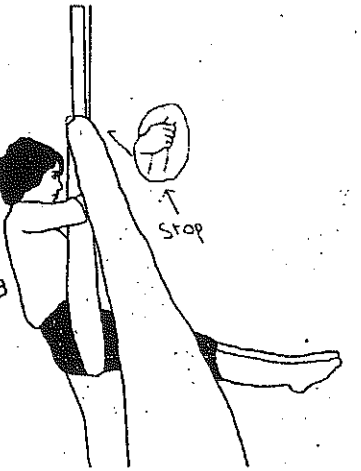


Préparation Descente Assis Croisé 2

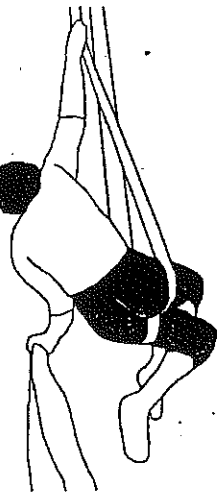
scente Assis Croisé 1

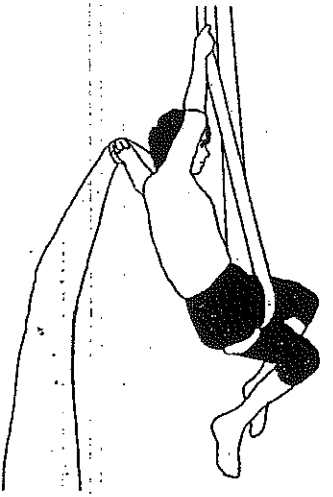


Descente Assis Croisé 2

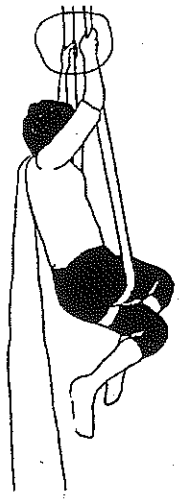


Descente Assis Croisé fin

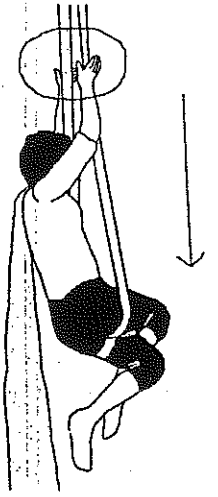




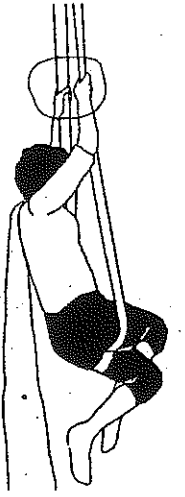
Préparation Descente Assis de Ciseau 5 , 6 , 7



escente Assis de Ciseau 1



Descente Assis de Ciseau 2



Descente Assis de Ciseau fin

INDEX

1 PRÉFACE

3 PREMIÈRE PARTIE : CORDE ET TISSUS

5 LES MONTÉES :
7 Montée Classique - Montée Elégante
8 Montée de côté - Montée à l'envers
9 Montée Pieds Ecartés
10 Montée Demi-Renversé
12 Montée en Force Ecart - Montée en Force Equerre
13 Montée en Force Equerre croisé - Montée Doigts de Pieds
14 Montée Balancée
15 Montée Marie soleil
16 Montée surles Bras

17 FIGURES STATIQUES :

De Flèche ou Grenouille

19 Demi-Renversé - Flèche - Sirène - Grenouille
20 Perroquet - Perroquet Jambe Pliée
21 Double Jarrets
22 Grenouille Tendue - Grenouille Souplesse - Pantin
23 Planche Dos Enroulé
24 Enroulé Jarret Fanny
25 Clef de Violon - Enroulé Jarret Sapho

De Ciseau

26 Ciseau de Flèche - Grand L de Ciseau
27 Ciseau avec Demi-Renversé
28 Planche de Ciseau
29 Croissant
30 Enroulé Christine
32 Planche Oiseau
33 Triangle Fred

Départ Simple

34 La Lune
35 Petite Boule - Petite Boule Carpée
36 Assis Jarrets Jovlène
38 Equerre Sapho
39 Amazone

INDEX

FIGURES EN MOUVEMENTS (SUITE) :

72 Drapeau Avant Déboulé
73 Planche Pied Avant Déboulé - Grand L Avant Déboulé - Déboulé Debout
74 Déboulé
76 Déboulé sans les Mains
78 Déboulé Direct
79 Déboulé de Planche Dos

81 CHUTES ET RATTRAPPES :
83 Chute Cheville Remonté Assis

Chute de Ciseau.

84 Chute Perroquet de Ciseau
85 Petite Chute Ciseau
86 Grande Chute Ciseau
88 Double Vrille un Jarret
91 Chute Clic-Clac
92 Chute Clef de Violon
93 Chute Roulade Avant

Chute de Grenouille

94 Petite Chute Grenouille
96 Chute Grenouille à Genoux
98 Grande Chute Grenouille
100 Chute Oiseau Roulade
102 Chute Grenouille Assis
103 Chute Oiseau pour Déboulé
104 Chute Oiseau
106 Chute Remonté Grenouille
107 Chute Remonté Grenouille sans et avec changement de main
108 Chute Jarrets Enroulés
110 Grande Chute à la Lluvia
114 Triple Vrille

Chutes Diverses

118 Chute Jarrets
120 Chute Jarrets Planche Jarrets
122 Chute Corde à Sauter
124 Chute Huit aux Pieds
125 Chute Petite Boule de Lune
126 Chute Amazone Demi-Renversé
127 Chute Amazone Petite Boule - Chute Planche Dos

INDEX

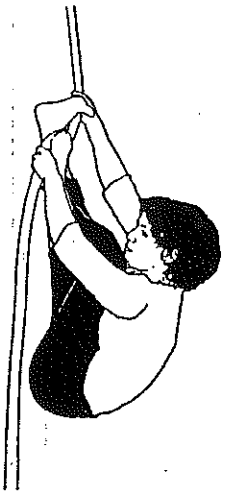
155 FIGURES STATIQUES (Suite)
167 Croix
168 La Toge
170 La Robe
171 La Chauve Souris
172 Enroulé Avion
173 Enroulé Avion Ecart - Enroulé Avion Sirène - Enroulé Avion Souplesse
174 Enroulé Souplesse
175 Enroulé Souplesse Debout - Enroulé Souplesse Jambe Pliée - Enroulé souplesse
176 Le Cocon
177 Le faux Cocon
178 Enroulé Assis Jovlène
179 Enroulé Grand V Jovlène - Enroulé Planche Jovlène
180 Croisé Dos
182 Grand Coeur
183 Croisé Dos Grand V - Planche de Croisé Dos - Supermann
184 Planche Dos Tissus Séparés - Planche Ventre Tisssus séparés
185 Enroulé Croisé

187 LES CHUTES
189 Chute Demi-Renversé de Croix
190 Chute Ecart de Croix
192 Chute Supermann Arrière
193 Chute supermann Avant
194 Double Chute supermann
196 Chute Ecart de Supermann
198 La Mouette Plongeuse
201 Chute Chevilles
202 Chute Ciseau Pantalon
203 Pantalon - Planche Pantalon
204 Chute Fanny
206 Chute Claire

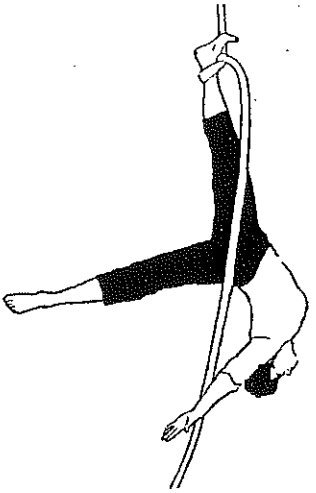
209 LES DESCENTES
211 Descente Assis Croisé
212 Descente Assis de Ciseau

215 SOMMAIRE

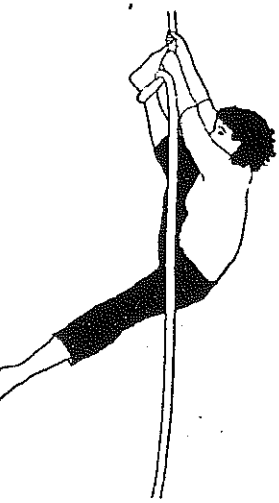
Préparation Chute Cheville 1



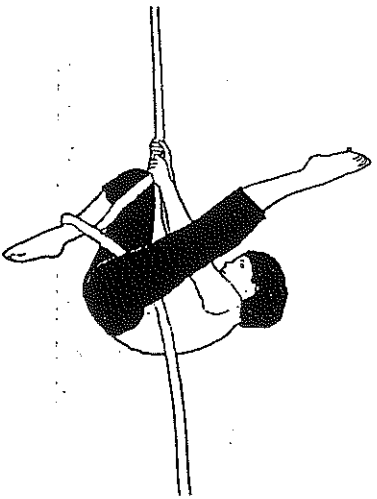
Préparation Chute Cheville 2



Chute Cheville



Remontée Assis 1



Remontée Assis 2

Remontée Assis 3